December 2014
This report details the progress of World Youth International’s projects in Kenya over the past 12 months. The purpose of this report is to update key stakeholders such as project donors, volunteers and supporters, as well as to continue engagement and transparency with the WYI community.
Overview

The past 12 months have seen many changes for World Youth International’s work in Kenya. We have seen new projects start, and successful pilots and projects completed. We are working across two different communities, in partnership with a variety of local groups and organisations. This report provides a brief snapshot of progress made over the past year across all of WYI’s projects in Kenya – if you would like more detailed information on any of these projects, please visit our website or contact us.

The projects covered in this report are:

- **Mama Ann’s Odede Community Health Centre Project**
  - The Health Centre
  - Community Health: Sanitary Pads Project
  - Income generation projects: Greenhouse, Goat Farm, Micro Health Insurance Scheme
  - Microfinance Project (Pilot)

- **Nam Lolwe Co-operative Projects:**
  - Happy Goats Project

- **Asembo Goat Breeder’s Association**
  - Expansion Project (post Pilot)
The Health Centre

Mama Ann’s Odede Community Health Centre opened last year, in March 2013. Now, 21 months later, the facility and its various programs have grown considerably, as has its impact on the Odede and surrounding communities.

When the Health Centre opened its doors on the 12th of March 2013, there were 10 staff members there to greet patients. Only a couple of months later, this number had risen to 18, and now stands at 21, including full-time and part-time employees (this also includes staff in shared roles and staff on maternity leave or in temporary maternity leave roles).

Although the average number of patients each month has risen by only 15, and the average number of babies delivered at the Health Centre and the number of women accessing pre and post natal services have increased by 5 per month, the self-generated revenue by the Health Centre, including its sales from medicines and services, has doubled from 2013 to 2014. This indicates that although there is not a significant increase in the number of patients, more people are actually paying for their medical services, which is an important success factor for the facility.
Most people in Odede and surrounding communities live in extreme poverty (less than $2 a day) and the fact that more people are willing to pay for health services demonstrates that they value these services, and that they are affordable for many people (Odede’s services are significantly cheaper than many other facilities, which allows for more people to access them but which also creates financial strain for the facility itself). This is also an indicator of the impact the local group of Community Health Workers are making, as they regularly conduct community education and visit households to monitor community members’ health (particularly pregnant women, elderly people and people with HIV) and refer patients to the facility.

The Health Centre has also gradually extended its reach to other communities in the Uyoma area. It operates regular satellite medical camps and basic services such as free immunizations for children, particularly in communities that don’t have access to other health services. The Health Centre implements numerous services in partnership with the local government and Ministry of Health, and maintains strong relationships with them and other facilities. Odede has already formed partnerships with organisations such as K-MET and Plan International in order to provide additional services for children and patients with HIV or Tuberculosis.

Odede Community Health Centre is becoming a well-known facility in its area, with a reputation for professional and affordable services.
A comparison of 2013 to 2014:

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<thead>
<tr>
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<th>2013</th>
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<tr>
<td>Staff Members</td>
<td>10</td>
<td>21</td>
</tr>
<tr>
<td>Average number of patients per month</td>
<td>280</td>
<td>295</td>
</tr>
<tr>
<td>Average number of births per month</td>
<td>8</td>
<td>13</td>
</tr>
<tr>
<td>Number of women attending Antenatal Clinics each month</td>
<td>20</td>
<td>25</td>
</tr>
<tr>
<td>Internally Generated Revenue</td>
<td>$8,920</td>
<td>$18,183</td>
</tr>
<tr>
<td>Sales of Drugs and Services</td>
<td>$892</td>
<td>$1,818</td>
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</tbody>
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**Please Note:** These figures have been gathered through data provided by the Odede Community Health Centre between March 2013 and mid-November 2014. All dollar figures have been calculated from Kenyan Shillings (KSH) to Australian Dollars (AUD) using the current conversion rate of 75 KSH to $1 AUD.

**Results since opening in March 2013 – November 2014**

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<table>
<thead>
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<tbody>
<tr>
<td>Number of patients treated</td>
<td>6,333</td>
</tr>
<tr>
<td>Number of babies delivered safely</td>
<td>241</td>
</tr>
<tr>
<td>The highest number of births in one month (August 2014)</td>
<td>27</td>
</tr>
<tr>
<td>Number of children vaccinated</td>
<td>961</td>
</tr>
<tr>
<td>Number of women who have received Antenatal Care</td>
<td>502</td>
</tr>
<tr>
<td>Number of people who have accessed family planning services</td>
<td>410</td>
</tr>
<tr>
<td>Number of people tested positive for HIV</td>
<td>74</td>
</tr>
<tr>
<td>Internally Generated Revenue</td>
<td>$27,103</td>
</tr>
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Evelyn’s Story

Evelyn is 29 and has three young children. Before starting work at the Odede Community Health Centre she was unemployed and relying on her family for financial support. When she heard that the Health Centre was planning to open, she wrote a letter to the Director to apply for a job as a Cleaner and Cook. She now works full time and loves working in friendly and supportive environment, and is able to earn money to support herself and her children.

“Since I started working here, now my children have clothes and they eat well. I bought myself a bed and I even bought a goat so I can have milk for my children. I no longer have to ask my family for money, so I can pay for school fees and buy anything I need.”

David’s Story

David has been working as a Lab Technologist for seven years, and came to work at Odede Community Health Centre in 2013 as one of the pioneering staff members.

When he was a child, David’s father passed away and he was left to take care of the rest of his family. When he was in college, David’s younger brother became very ill and was admitted to hospital, where the doctors were unable to diagnose him. After three days he fell into a coma and passed away, at only 15 years old.

David was devastated by the loss of his brother and not knowing what was wrong with him. It made him passionate about discovering how to test and diagnose illness and disease, so that doctors can know how to treat patients and other families will not have the same experience as his.

“This really motivated me, because I don’t want to see another person go through this without knowing what is wrong.”

David’s job allows him to help many people within his community, and also support his family from the income he earns.
Amosi, my name is Jane and I had the exceptional privilege of volunteering in Kenya with WYI (Nurses in Action Program). This opportunity came at a time when I had only just completed my Masters of Midwifery (a mere 2 weeks prior) and was full to brimming over with enthusiasm for my craft! Being one of only four trained Midwives on the team, it became apparent that we would most certainly be able to take part in a birth...and I was not disappointed! By the end of the month, the Odede Community Health Centre had a record number of births (more than 20!) and I was honored to be involved with five of them. Each one was precious and incredible in its own right and the story above is only a snapshot of the emotions and learning I experienced.

The local staff could not have been more supportive. Welcoming us, they showed us the facilities and talked us through the process for each expectant mother once she arrived at the Health Centre in labor. The Health Centre nursing staff were open and responsive, teaching us their routines, and allowing us to have input into their practices. A few afternoons of education sessions proved highly interesting and interactive! Above and beyond these experiences, their humility was evident as they performed duties far beyond a standard 8-hour workday. They would also keep us up to date with women’s progress should we not be able to stay at the hospital for the entirety of the labor.

On quieter days, I was intrigued to learn about the HIV screening, counseling process and also the tests available within the pathology lab. In contrast, Tuesdays always proved to be a buzz within the maternal and child health clinic, allowing us to conduct post-natal follow-ups with the mothers and their new babies. Weighing and immunizations were carried out alongside plenty of cuddles!

Within this warm and nurturing environment, I saw firsthand how each individual functioned and respected another’s value and role within the Health Centre. Whether admin, accounts, pharmacy, medical, clinic or inpatient, pathology, kitchen and cleaning, nursing or midwifery, all were friendly and engaging in their own way. This has all been achieved in only a year since opening and I can only pray that their capacity to aid the local community and surrounds increases as they offer quality health care with the support of WYI, and people like you and I.
Odede Health Centre Website Launch

In September, WYI launched a brand new website focused on Mama Ann’s Odede Community Health Centre. The purpose of this website is to engage the WYI community of volunteers and supporters around this project through information and project updates, stories from volunteers, and opportunities to support staff members and purchase gifts through the site which will directly support the operation of the facility.

To learn more about this project, stay updated, read stories from the ground, and to support the Health Centre directly, please visit www.wyiodedehospital.org

Road Renovation Project

**Donors:** Grant Family Trust  
**Partners:** Mama Ann’s Odede Community Health Centre

The dirt road leading to the Health Centre from the main public road has been a challenge for both patients and staff since the facility opened last year. This is because the road has not been graveled and so during the wet season it becomes a stretch of about 500 meters of thick mud, which is almost impossible to walk or drive through, and which often sees cars becoming bogged and people deciding not to risk the long, difficult walk through it to receive health care.

In June this year, a team of WYI’s Nurses in Action volunteers working at the Health Centre decided to do something about this problem. The Grant Family Trust generously donated the funds needed to repair the road, which now provides easy access for cars and people to the facility, and has made a huge difference to the quality of the facility and number of patients it can now serve.
Birthing Kits for Maternal Health

WYI and the Odede Health Centre have partnered with The Birthing Kit Foundation Australia (BKFA), an organisation dedicated to improving conditions for women who give birth in developing countries. They provide birthing kits that are used to deliver babies and in training for expectant mothers to educate them about safe childbirth practices.

An estimated 385,000 women die annually around the world in childbirth, many from preventable infections acquired during delivery. Birthing kits provided by BKFA consist of six basic items:

- **A plastic sheet** to prevent both mother and baby coming into contact with the ground
- **Soap and 2 pairs of gloves** to prevent the birth attendant transmitting germs to mother and baby, and for washing and drying the stumps to prevent infection
- **Sterile scalpel blade,** for a clean cut of the umbilical cord
- **3 cords** for clean ties for the umbilical cord, to prevent bleeding from the umbilical cord for mother and baby
- **5 gauze squares** to wipe secretions from the babies eyes and the mother’s perineum

Many women in Odede and surrounding villages give birth at home, often due to poverty and the distance to the nearest health facility. The Health Centre regularly conducts outreach to visit pregnant women at home to monitor their health and encourage them to attend information sessions and workshops at the Health Centre, and to receive prenatal and postnatal care. They encourage all women to come to the Health Centre to give birth rather than doing so at home in unsafe and unhygienic conditions.

To date BKFA have provided 800 birthing kits to Odede, which have made an enormous impact on the capacity of the Health Centre to be able to provide effective maternal health services, and are available for women to collect from the Health Centre if they do insist on giving birth at home or fear they may not be able to reach the facility in time to give birth there. The kits have been used in hundreds of births, and are also regularly used in information sessions and childbirth workshops for pregnant women, so they can learn about the importance of using sterile and clean equipment to prevent infection.

For more information about Birthing Kit Foundation Australia you can visit their website at [www.bkfa.org.au](http://www.bkfa.org.au)
Community Health: Sanitary Pads Project

**Donors:** WYI's Gift Catalogue, B1G1  
**Partners:** Happy Villages, Mama Ann’s Odede Community Health Centre  
**Funding Amount in 2014:** $564

The management at Odede Health Centre, along with some of WYI’s Nurses in Action volunteers, approached WYI earlier this year with ideas on forming a program to provide women and girls in Odede and surrounding communities with access to sanitary pads.

In Kenya, many women and girls use unhygienic and often unsafe methods of managing menstruation, such as old rags or even tree bark, as they don’t have access to sanitary pads. Many girls will also stay home for the week of their period because they don’t have a way to manage it, which can result in them missing up to 12 weeks of school a year. This can cause them to fall behind and even drop out of school.

It’s incredible that something as simple as sanitary pads can have such a huge impact on the education of girls!

At WYI, we support programs that offer a hand up, not a hand out. That is why, rather than collecting sanitary pads to distribute to community members for free, which can create dependency and even impact on local businesses and economies, we have partnered with Happy Villages to fund their research into the need for sanitary pads and are financially supporting them to create a comprehensive plan to tackle this issue. The first stage of research for this project has just been completed, and has included surveys, data collection and interviews with 12 schools and 90 households in Odede and surrounding villages.

Results from this initial research have shown that most schools do not have adequate bathrooms and hygienic facilities for girls to manage their menstruation, and there is a severe lack of education available for girls to learn about how to effectively manage their monthly cycles. In 2015 WYI will be doing further research and planning into how to best tackle these issues and work with the local community to provide the education and resources necessary for girls to be able to learn about and manage their periods, without missing out on school.
Income generation projects

A significant aspect of the Odede Community Health Centre project is focused on increasing the facility’s own income streams, so that it can gradually become more self-sustainable. This is a huge task, and so WYI has been working with the Health Centre over the past 20 months to trial different income generation activities. Currently, these projects include:

Greenhouse

**Donors:** B1G1  
**Partners:** Mama Ann’s Odede Community Health Centre  
**Funding Amount in 2014:** $6,368.75

The Health Centre has erected a greenhouse for the purpose of growing its own vegetables (primarily tomatoes) to feed patients and staff, and also to sell within the local community in order to generate additional income to help pay for expenses such as medicines and equipment.

This first greenhouse has been a pilot project to test whether the Health Centre can grow vegetables for sale, and importantly whether a profit can be made. The pilot has been successful, and the **greenhouse has so far generated over AUD $530 of profit for the Health Centre**, an amount they aim to increase with each harvest.
Goat Farm

**Donors:** B1G1  
**Partners:** Mama Ann’s Odede Community Health Centre  
**Funding Amount in 2014:** $7,470

This year WYI has worked with the Health Centre to plan a small goat farm project, for the purpose of providing milk for HIV patients and also to sell within the local community.

The plan for this project will be to purchase several female goats of a milk-producing breed (these goats are more valuable and expensive than the normal local goats) which will produce enough milk for the Health Centre to give to HIV patients (description as to why this helps patients) and to also sell to local community members in order to make a profit. All income generated through the goat farm will go directly towards the Health Centre’s operating costs.

This project has just begun, so as at November 2014 the Health Centre has found land to build a goat house on, and has started construction for a small house to shelter several goats. Over the next few months, Health Centre staff will receive training in looking after the goats, and several female goats will be purchased. We look forward to updating you on this project as it progresses!
Micro Health Insurance Scheme

In Kenya, the National Health Insurance Fund (NHIF) is a national health insurance scheme that members of the public service (such as government officials and workers, teachers and nurses) can access in order to receive access to quality health care. This service is also available to the public, and there are lower levels of insurance that even those living on extremely small incomes can access.

The Odede Community Health Centre has been working towards receiving its NHIF accreditation since before it opened in early 2013, and in September this year finally achieved this milestone. This is a huge accomplishment by the management of the Health Centre!

NHIF accreditation means that the Health Centre will be able to become a service provider to anyone with NHIF insurance, which will significantly increase its patient numbers and its self-generating income. Many patients accessing healthcare at Odede are unable to pay for these services, which creates significant financial stress for the facility. With more patients accessing services with NHIF insurance, however, Odede Health Centre will be paid for services by the insurance provider, and therefore have a more stable income.

To support the expansion of this project and to increase the number of families who can access health services in Odede, WYI is working with the Health Centre to sponsor 100 households to gain micro-level insurance through NHIF. For only about $25 a year, a family can get health insurance, so WYI will be supporting Odede Health Centre to register 100 pregnant women and their families on this scheme. This means that the women will be encouraged to give birth at the Health Centre rather than in unsafe conditions at home, and the Health Centre will receive reimbursement from NHIF for every service it provides for those registered as part of this scheme. Therefore both the families and the Health Centre benefit!

This project has been in the planning process, and will launch in early 2015. We look forward to updating you on the families who receive health insurance over the next year!
Microfinance Project & Vulnerable Children’s Program

Donors: B1G1, WYI’s Gift Catalogue
Partners: Mama Ann’s Odede Community Health Centre
Funding Amount in 2014: $1,519

The Odede Community Health Centre implements many community health education and outreach programs, as well as providing health care services. One of its programs is the Vulnerable Children’s Program, which cares for 25 children from the Odede community whose families live in extreme poverty and are unable to provide them with basic education and health care. Through this program, the children attend weekly sessions at the Health Centre where they receive a nutritious meal, health checks, and play games with staff and volunteers. Many of the children also receive education sponsorships so they can attend kindergarten or primary school.

In partnership with the Health Centre, WYI has launched a pilot Microfinance program for the mothers of the children in the Vulnerable Children’s Program.

The purpose of this program is to provide small loans and training for the women to start micro (very small) businesses, so over time they will be able to gain an income and gradually be able to pay for their children’s school fees and other basic needs themselves.

So far 12 out of 25 women have received loans, and to date 100% of these loans have been repaid, with 10% interest so the Health Centre can continue to recycle the funds and give more loans, whilst being able to cover some of their own operational costs (such as training) with the interest gained.

This pilot will continue into early 2015, with the remaining 13 women receiving loans and further training in financial literacy and management.
Maragret’s Story

Margaret is a 62-year-old widow of seven children. She is looking after three grandchildren whose parents passed away.

Margaret has been selling fish for quite some time. Because of lack of finances, she has been selling only 2 – 3 pieces of fish at a time. When in October 2014, she got a loan of Ksh. 5,000 (about $67) from the Micro-finance program, she increased her stock of fish and is now able to buy between 10 and 15 medium sized fish at a time, which she sells locally within the community. Her most regular customers are the Odede Community Health Centre and its staff.

With the profit that Margaret has gained from her fish trade over the last two months, she has started a small poultry project. She has already purchased 5 local chickens, which she will breed to gradually increase the number.

Margaret’s aim is to grow her fish trade to the level that she will be taking her fish to Akala market (a big market serving several communities) then eventually to Kisumu (a large town 2 hours away). She wants to gradually increase her income from her poultry project to eventually save enough money to buy goats and even a cow. Her goal is to save enough to purchase her first large animal by mid 2015.
Happy Goats Project

Donors: B1G1
Funding Amount in 2014: $7,525

The Nam Lolwe Cooperative in Odede, Kenya has been working in partnership with World Youth International on expanding their goat project. A previously WYI funded goat project has seen 25 women members of the Cooperative care for several goats from their homes, and the Co-op has since proposed to WYI the expansion of this project.

The key objectives of this project are to reduce poverty and improve livelihoods through income generation for families living in extreme poverty in Odede, Western Kenya, and to increase the self-sustainability of the local Cooperative.

This expansion project involves several aspects:

The purchase of female goats

The purchase of 95 female goats, to increase the total number of goats from 30 to 125 (5 goats for each of the 25 women).

The purchase of shared bucks (male goats)

Bucks are significantly more expensive than female goats, and also much more expensive to house and maintain. Therefore, the Cooperative has purchased 4 bucks to share among the 25 women, and they will be kept in locations that are within a short walking distance from several of the women. During mating season, the women will bring their female goats to the buck houses for mating.
The construction of bucks houses

This project budget includes the construction of 4 buck houses. A prerequisite for the women participating in this program is that if they are given female goats they must have the capacity to build adequate shelters for them, thereby requiring them to make an “investment” into the project and take ownership over it.

Income generation

The model for this project means that as each goat becomes pregnant, the first kid born will be kept by the woman who owns the goat. The 2nd kid born to each goat will be given back to the Cooperative. The 3rd kid born will be kept by the woman, and when the 4th kid is born, the woman will give both it and the mother goat back to the Co-op. In this way, both the women and the Co-op gradually increase their number of goats and their income from selling the milk and the goats in the community and at local markets. As the Co-op increases its herd, it will be able to give goats to more female members and also increase its income to fund other projects.

Medical care for goats

The project budget includes allowance for regular vet check-ups and treatment where necessary for the goats. Many goats in Kenya can contract diseases which can spread quickly and wipe out whole herds, so keeping a close eye on the health of the goats is extremely important for the project’s success.

Feeding the goats

Goats need to be fed and watered every day, and grazing can only give them a small amount of the food they need. The women participating in this program are required to grow their own goat feed and ensure their goats are well fed and looked after, and as a group they ensure that the bucks are also well fed and cared for.

Shared Learning and Training Workshops
All participants in this program, including both the women and the Co-op management committee, have received training in caring for goats and in growing their business. The executive committee has also received some training and advice from other local groups, including the Asembo Bay Goat Breeder’s Association, on how to adequately care for and breed goats. WYI has worked closely with the Co-op’s Project Manager to assist with project planning prior to the implementation of the project.

*Celia, WYI’s Kenya Projects Manager, works with Gideon, the Nam Lolwe Cooperative’s Project Manager, on planning the goat project in Odede, Kenya in February 2014.*

*Members of the Cooperative, including several of the women participating in the Happy Goats Project*
Asembo Bay
Goat Breeder’s Association

Expansion Project

**Donors:** B1G1  
**Partner:** Mama Theresa’s Holistic Centre  
**Funding Amount in 2014:** $10,380

In 2013 WYI and the Asembo Bay Goat Breeder’s Association completed their pilot project, which was funded by World Youth International. This pilot involved working with 10 households in Asembo Bay, located in rural Western Kenya, each household consisting of a husband and wife working together to breed goats in order to build Asembo Bay’s first Goat Breeder’s Association.

The objectives of this project were to increase reduce poverty and improve livelihoods through increased income for families living in poverty in Asembo Bay. Gender equality is also a key objective, as participating families are selected only if husbands and wives work together as equal partners to grow their goat farms.

The pilot project started with 50 female goats (5 goats per household) and 2 bucks to share between the 10 households. Each household is responsible for building pens for their goats, and to ensure their goats are well cared for.

This pilot was very successful, with each household – 20 participants (10 male, 10 female) reporting that they increased their number of goats through breeding and increased milk production and income for their families. Family relationships were also improved in several circumstances, with men and women working together effectively and women increasingly taking on leadership roles to manage their goats.
Key lessons from the pilot included:

More bucks were needed

The 2 bucks shared between 10 households proved to be too few, particularly for families that had to walk long distances with their goats to reach the bucks during mating seasons. This took several hours for some households, and would often mean half or even a full day round trip, which took them away from other work. To resolve this issue, the expansion of this project after the pilot has included the purchase of six more bucks and the materials required to build their houses. Now each family is within a short walking distance from at least one of the bucks.

Goat Farmers need to invest in the project

From the pilot we learned that households are most successful in growing their number of goats when they care for them properly and make an investment in them. Therefore each household included in the Association is required to build their own goat houses and grow their own goat feed, thereby making a financial and time investment into the project.

The expansion of the pilot

Since the expansion of this project has begun implementation in August 2014, the original 20 participants (10 households) have continued to successfully grow their goat farms and increase their milk production and income. Another 30 people have signed up to become members of the association, and a further 200 people have expressed an interest to be involved in the project.

To date there are 70 direct beneficiaries for this project, which includes the 20 male and female participants and their children or immediate relatives living with them. This number continues to grow as more people begin to participate in the project and as the local market economy improves.

Because of the ongoing success of the project, the Asembo Bay Goat Breeders Association has been recognized by local government and other organisations as a valuable resource and example for other groups. Organisations such as Plan International, Action Aid, and the National Council for Population and Development have visited the project (over 200 people in total) to learn from Asembo Bay and receive training and advice from the farmers. Asembo Bay is now officially recognized by the county government as a learning and production point, as authorized by the Livestock Office.
Alex, the Project Manager for Mama Theresa’s Holistic Centre (right) with two of the goat farmers, and husband and wife.
Some of the families in the Asembo Bay Goat Breeder's Association
Aphlin’s Story

My name is Aphlin Atieno Onyango, I am fifty-four years old and I am a female farmer. I have 9 children and 4 grandchildren who I look after.

Before I joined this group I was only active in church group, I used to travel a lot in church related issues, I did not take farming seriously. I had two goats and I just kept them without a goal, but now I have a goal: the goal of getting out of poverty, of having my own money.

I was also not recognized as a farmer, our culture does not recognize women as farmers. Women also do not own assets, however now I am recognized as a farmer. I meet with different groups, and I am now doing farming as a business.

I have one pedigree buck (male goat) and seven does (female goats), and I am a proud farmer and owner of goats. We do the farming as a family, even my husband is now consulting me, which is a great change from the normal practice.

I am also milking my goats, at first people laughed at me but (as) the project (continues) people are asking for my milk. I now have a healthy family, drinking healthy goat milk. We have faith in our leadership and we are working hard for it to succeed. Thank you.

Aphlin with her grandchildren and one of her goats