

2021 WORKPLAN



About Us

The Centres for Health and Education Programmes (CHEPs) is a registered Non- Governmental Organisation (NGO) in Kenya. Its goal is to empower, promote access and improve quality of health and education for the benefit of under resourced individuals and communities.

Vision

CHEPs' envisions the underprivileged across Kenya empowered with equal access to quality health and education services, improved agriculture and environment for a dignified lifestyle.

Mission

CHEPs' mission is to empower the underprivileged individuals and communities of Kenya, while instilling hope and dignity, by providing sustainable and quality health, education, agriculture, environment conservation, development and humanitarian projects through local initiatives, resources, and involvement of local volunteers willing to serve the community.

Key Objectives

1. To improve knowledge and skills of under resourced individuals and communities on health, healthy lifestyle and environment for improvement of health and environment.
2. To provide preventive and curative health services for under resourced individuals and communities.
3. To refer and link people from target population to appropriate health facilities and agencies for health services.
4. To assist needy, poor and marginalised individuals and populations to access educational services.
5. To develop and assist with development projects among under resourced populations.
6. To promote awareness, provide initiative and expertise, assist in the development of skills, knowledge and appropriate technologies for the purposes of improved and meaningful participation and involvement of marginalised groups and peoples in the development process
7. To promote or assist in the promotion of any organization or company or other body having objectives similar to those of CHEPs.
8. To undertake other charitable activities helpful to improvement of individual livelihoods and communities.
9. To do all such other things as are incidental or conducive to the attainment of any of the above objectives.

Projects

Health care: Eye camps, COVID-19 prevention, emergency medical treatment, limb prosthesis

Education: Student sponsorship, student mentorship, infrastructure support to schools, solar lights, books distribution to students, furniture for schools

Agriculture: Farming support, irrigation projects, animal husbandry

Environment: Tree planting, clean up/hygiene projects in villages

Development: Microfinance and infrastructure, improving water supply through digging & rehabilitation of wells, improving sanitation by building latrines & toilets in rural areas

Humanitarian: Emergency relief during famine & drought, welfare of street children, feeding programmes

HEALTH

**Providing healthcare to the needy and
marginalized**





BACKGROUND

According to The World Health Organization (Fact sheet No.282, August 2014):

- 285 million people worldwide have abnormal vision and 14% of them, which is close to 40 million, are completely blind.
- 80% of these 40 million cases of blindness could have been prevented.
- 90% of visually impaired people live in low income settings.

CHEPs has over the years been on a mission to improve eyesight of destitute communities by conducting free eye camps all over Kenya. During the camps, we screen and treat various eye ailments using a variety of medication, and correct visual impairment by giving out spectacles all free of charge. We also perform eye surgeries to treat cataract blindness also free of charge.

We have so far held a total of 100 free eye camps across the country during which:



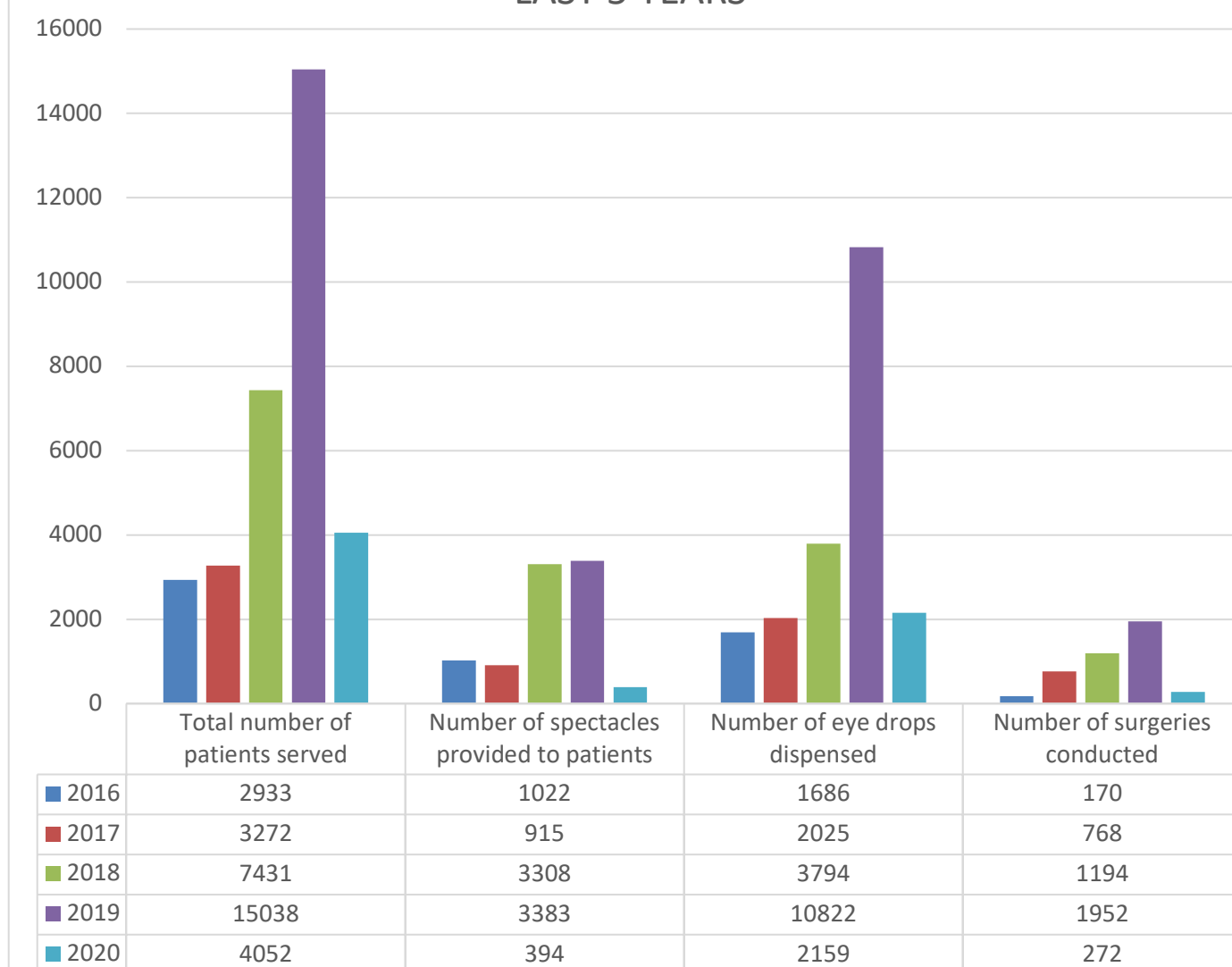
Over 38,275 people have been screened for eye conditions.

Over 12,201 pairs of spectacles were given out to correct visual impairment.

27,676 eye drops of different types were dispensed to treat eye diseases.

Over 4,711 blind people have been operated for cataract to restore their vision.

COMPARISON OF EYE CAMPS INDICATORS OVER THE LAST 5 YEARS



Our eye camps programme has steadily grown as we reach out to an increasing number of patients each year. We had set the bar even higher in the year 2020 as we set out to conduct a total of 24 camps targeting at least 20,000 beneficiaries and aiming to operate on at least 3000 cataract blind patients.

Unfortunately, the programme suffered a major blow due to COVID 19. Although we started the year well, we were forced to suspend the camps in early March due to nationwide restrictions and the risk of spreading infection. Towards the end of the year, on lifting of restrictions, we put into place measures to prevent the spread of COVID-19 during the camps. The camps were resumed but the turn out during each outreach remained low due to widespread anxiety among the people. We look forward to better performance during the year 2021.

CHEPs travels to the most remote locations to ensure that our services reach the most destitute and marginalized. As we reflect back, each of our camps bears unique experiences, as history continues to be created. Our motivation is the lives that continue to be transformed through the noble gift of vision.



Crossing crocodile infested Rivers to access marginalized communities



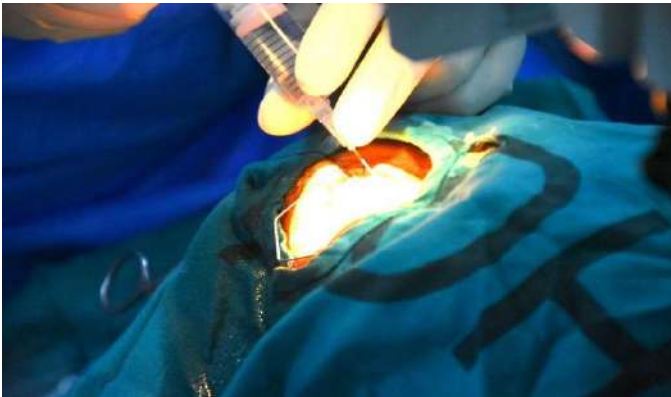
Getting stuck in mud has become the norm



We traveled through very difficult terrain to take service to the marginalized community of Embubot



We even travel above the clouds in an effort to take services to the most marginalized communities





PROPOSED EYE CAMPS FOR THE YEAR 2021

We invite you to join us in our endeavor to empower needy communities by preventing blindness and restoring vision to cataract blind people through sponsoring our camps.

During the camps, a team comprising of ophthalmologists, optometrists, paramedics and volunteers will be sent to the different sites to attend to needy visually impaired and blind patients. Detailed history will be taken from the patient to include their biodata, complaints and disease progression. They will, thereafter, be examined by diffuse light, direct ophthalmoscopy, retinoscopy, visual field and refraction.

Those that require surgeries for cataract blindness will be operated to remove the cataract and a prosthetic intraocular lens inserted into their eyes to restore their vision. Those that ail from conditions that lead to blindness such as glaucoma will also be operated to prevent their progression to irreversible blindness. Cases that require more specialized attention are referred to the nearest ophthalmic facility and logistical support may be provided to such referred patients.

All services including medication, spectacles, and surgeries will be provided free of charge so that the most vulnerable, marginalized and destitute are able to access them.

Below is a budget estimate for the proposed camps:

NO.	DATES	VENUE	OPTOMETRY PATIENTS	SURGERY PATIENTS	OPTOMETRY US\$	SCREENING US\$	SURGERY US\$	TOTAL COST US\$
100	1 st week January	Chakama, Kilifi	0	50	\$-	\$500.00	\$4,000.00	\$4,500.00
101	1 st week February	Garissa County	0	150	\$-	\$500.00	\$12000.00	\$12,500.00
102	2 nd week February	Meru	0	100	0	\$500.00	\$8,000.00	\$8,500.00
103	3 rd week February	Elgiyo Marakwet	500	50	\$2,500.00	\$-	\$4,000.00	\$6,500.00
104	4 th week February	Mandera	0	150	\$-	\$500.00	\$12,000.00	\$12,500.00
105	1 st week March	Chakama/Marereni	0	50	\$-	\$500.00	\$4,000.00	\$4,500.00
106	2 nd week March	Garissa	0	150	\$-	\$500.00	\$12,000.00	\$12,500.00
107	3 rd week March	Isiolo	500	100	\$2,500.00	\$-	\$8,000.00	\$10,500.00
108	1 st week April	Marsabit	500	100	\$2,500.00	\$-	\$8,000.00	\$10,500.00
109	2 nd week April	Nyahururu	500	50	\$2,500.00	\$-	\$4,000.00	\$6,500.00
110	3 rd week May	Bungoma	0	100	\$-	\$500.00	\$8,000.00	\$8,500.00
111	4 th week May	Narok	500	50	\$-	\$500.00	\$4,000.00	\$4,500.00
112	1 st week June	Garissa	0	150	\$-	\$500.00	\$12,000.00	\$12,500.00
113	3 rd week June	Mjanaheri/ Garsen	500	50	\$2,500.00	\$-	\$4,000.00	\$6,500.00
114	1 st week July	Dadaab	600	100	\$3,000.00	\$-	\$8,000.00	\$11,000.00
115	3 rd week July	Faza Island	500	50	\$2,500.00	\$-	\$4,000.00	\$6,500.00
116	1 st week August	Garissa	0	150	\$-	\$500.00	\$12,000.00	\$12,500.00
117	2 nd week August	Modogashe	0	100	\$-	\$500.00	\$8,000.00	\$8,500.00
118	1 st week September	Elgiyo Marakwet	0	50	\$-	\$500.00	\$4,000.00	\$4,500.00
119	3 rd week September	Meru	0	50	\$-	\$500.00	\$4,000.00	\$4,500.00
120	2 nd week October	Chakama/Marereni	0	50	\$-	\$500.00	\$4,000.00	\$4,500.00
121	4 th week October	Isiolo	500	100	\$2,500	\$-	\$8,000.00	\$10,500.00
122	1 st week November	Garissa	0	150	\$-	\$500.00	\$12,000.00	\$12,500.00
123	2 nd week November	Malindi	500	100	\$2,500	\$-	\$8,000.00	\$10,500.00
125	3 rd week November	Lamu island	500	50	\$2,500.00	\$-	\$4,000.00	\$6,500.00
126	1 st week December	Kipini	0	50	\$-	\$500.00	\$4,000.00	\$4,500.00
TOTAL			5600	2300	\$25,500	\$8000.00	\$184,000	\$217,500
EQUIPMENT NEEDED			Ophthalmoscope			2		\$1,500.00
			Tonometer			1		\$2,500.00
			Retinoscope			1		\$700.00
			Cataract sets			2		\$1,000.00
			Outreach vehicle			1		\$30,000.00
			EQUIPMENT TOTAL					\$35,700.00
			GRAND TOTAL					\$253,200.00

ORTHOPAEDIC OUTREACH CAMPS

Road traffic injuries kill more than 1.3 million people every year and are the leading killer among 15-29-year old age group. Low and Middle-Income Countries (LMICs) like Kenya account for 93% of all road traffic accidents (RTAs) deaths worldwide and close to 50 million cases of disability. In Kenya RTAs cost the



Crowded orthopaedics ward with patients sharing beds

country 5% of Gross Domestic Productivity (GDP) . Orthopaedic fractures are the commonest injuries that occur. Most of the times, such injuries affect young breadwinners that get involved in accidents while at work or on their way to or from work. More commonly of late, are motorcycle riders who form the bulk of orthopaedic patients. Many are however unable to afford the high cost of surgery and because they are commonly required to pay for it upfront, many remain unoperated and their fractures heal poorly leading to disability. Furthermore, since they cannot be discharged from hospital with major fractures, they remain ridden in hospital beds for protracted durations, accumulating costly bills. Since they are the breadwinners, the families are commonly unable to meet the

cost upon discharge leading to even longer hospital stay and further accumulation of bills. Furthermore, the family loses a breadwinner, since their breadwinner could not access surgery and ends up disabled and unable to resume their jobs, plunging the family into poverty. The little assets that they may have accumulated over the years are commonly disposed to clear the accrued bill, sinking them deeper into poverty. This leads to a vicious cycle of poverty as the breadwinner sinks into it, and the dependents lose empowerment opportunities such as education resulting in them also growing up in poverty, and subsequently giving rise to another generation of poverty stricken off springs .

We observe the above trend with great concern and seek to launch a new programme aimed at addressing this neglected need. CHEPs plans to launch an orthopaedic surgeries outreach programme where such stranded trauma patients that are unable to afford surgery will be operated free of charge.



CHEPs Programmes Manager (right) participates in a previous orthopaedic outreach camp

Budget

Item	Cost US\$
Surgical instruments	10,000
Portable theatre equipment	10,000
Orthopaedic implants for 100 patients	10,000
Total	30,000

EMERGENCY MEDICAL SUPPORT

KABIBI KITS AU

An 11-year-old girl who lives in Chakama, a remote village in Kilifi County, developed a neck lump that quickly grew in size and caused her health to deteriorate. She was unable to seek medical attention promptly due to financial constraints. With time she became so weak that her mother would stay up at night watching her daughter helplessly to check if she was still breathing.

On learning of her condition, CHEPs rushed her together to Nairobi for specialized attention. She was diagnosed to have a cancer known as Lymphoma and was immediately admitted to Kenyatta National Hospital for chemotherapy. Kabibi is now on regular follow-up.



Kabibi at hospital



Kabibi back at home

We come across very many deserving cases of children suffering different conditions, but lacking access to healthcare due to financial and geographical constraints. This year we plan to assist at least 5 destitute children and adults to access specialized healthcare.

NUMBER OF PATIENTS	COST PER PATIENT	TOTAL COST
5	US\$ 1000	US\$ 5000

MASS HEALTH INSURANCE REGISTRATION

Healthcare is a fundamental need for all humans and a constitutional right in Kenya. A significant proportion of the population however lives in poverty and lacks access to healthcare. This results in severe suffering other than financial strain and poverty. According to The World Bank, nearly 1million Kenyans fall below the poverty line because of healthcare related expenditure each year. Families plunge into severe poverty due to a family member falling sick. Eventually, especially in chronic ailments, the sick family members are no longer able to seek treatment due to ballooning expenses and unavailable resources, and the rest of the family can no longer afford other basic needs causing a vicious cycle that leads to extreme desperation.

Even with public health insurance (the National Hospital Insurance Fund) available, it is estimated that only 20% of Kenyans have some sort of medical insurance cover. This is due to various reasons including lack of awareness, as well as poverty and inability to pay the monthly premiums. The proportion is even lower in rural areas with some villages registering 0% subscription. In emergencies, such families resort to fund raisings to meet hospital expenses a process that is slow allowing great suffering, progression of the diseases and eventually mortality.

Organizations like CHEPs working in areas such as Chakama, a very remote and needy location in Kenya's Kilifi County are also affected. Because we cannot turn a blind eye to suffering, we are regularly forced to meet unplanned-for expenses during such emergencies. One such example is Jackson Mtwali, a 2-year-old boy who lives in Benzaro, a village where we are constructing a school after finding young children learning under a tree and exposed to environmental hazards. During one site visit last year, our volunteer came across Jackson who appeared very weak, sickly, and swollen all over, but had not been taken to hospital due to financial constraints. On realizing that the boy's life was in danger we quickly rushed him 80km to Malindi General Hospital for urgent medical attention. His kidneys were failing and body was accumulating water and toxins due to his malfunctioning kidneys. Eventually, possibly due to the late intervention, the young boy lost his life despite initially showing good response to treatment and even getting discharged from hospital.



Mtwali on the CHEPs met him in Benzaro, swollen from head to toe



Mtwali admitted in Malindi General Hospital



Mtwali responding well to treatment, no longer swollen all over, and even being considered for discharge.

We come across many emergencies each year and are forced to intervene and meet the medical expenses for the patients. During the year 2019 alone, we intervened for 8 such emergencies. There are thousands of others who do not come to our attention and suffer in silence without access to healthcare.

This year, for the first time, we aim to register families to the National Hospital Insurance Fund (NHIF) as a sustainable solution to increasing their access to Universal Health Coverage. For each head of family registered, we will also register their spouses and children as their dependents and pay their premium contributions for 1 year following which they will be required to continue the contributions. Many families living in Chakama lack required documents such as birth certificates and National Identification Cards. They will also be assisted to register for them as a prerequisite for NHIF registration.

NHIF registration will enable them to access healthcare at government hospitals free of charge. Some services will also be accessible at private facilities also free of charge or heavily subsidized.

During the year 2021, we plan to register 1000 families living in Chakama. Below is the budget for registration and logistics

NUMBER OF FAMILIES	REGISTRATION AND 1 YEAR PREMIUM	TOTAL COST
1000	US\$ 75	US\$ 75000

RURAL MEDICAL BACKPACK SERVICE PROJECT

A significant proportion of Kenya's population lives in poverty, and lacks access to healthcare. Other than lack of resources, disease stigmatization such as HIV stigma also prevents low-income individuals from seeking healthcare. Furthermore, poor living conditions, congestion as well as lack of knowledge of disease prevention predispose low resourced communities to diseases. These result in suffering, spread of diseases as well as mortality in severe cases.

In an attempt to improve access to health care, CHEPs runs a Medical Backpack project. This seeks to deliver basic health care to needy people at the convenience and privacy of their homes. It entails home visits by CHEPs medical practitioners, armed with a backpack filled with a wide variety of medicines, as well as medical equipment to perform basic examinations and tests.

Basic conditions are treated while diseases that require specialized care are referred to suitable facilities for further treatment. In addition to curative medicine, the team also deworms and provides nutritional supplements to children. Communities are also educated on healthy living and disease prevention.



During the year 2021, we plan to conduct at least 5 backpack campaigns. Below is the budget for logistics and medical supplies.

NUMBER OF CAMPAIGNS	COST PER EVENT	TOTAL COST
5	US\$ 600	US\$ 3000

EDUCATION



Breaking the poverty cycle through education

INFRASTRUCTURE AT SCHOOLS

It is estimated that over 40% of the Kenyan population live below the poverty line of \$1.9 a day. Such people are unable to access education due to various challenges including inability to afford levies, geographical proximity, and lack of facilities among other challenges. These have forced children living in poverty to be locked out of education. Poverty and education are intertwined at multiple levels. Such children grow up uneducated, preventing them from becoming productive members of a very competitive society. They, in turn give rise to poverty stricken off springs, who in turn are unable to access education giving rise to a vicious cycle. The situation only gets worse with the rising cost of living and increasing competition among societies. It is therefore imperative to break this cycle, and the most sustainable intervention is that of promoting access to education to curb poverty.

Many communities in rural parts of Kenya lack educational facilities. They either learn in non- conducive environments such as under trees or walk long distances through very rough terrain to access schools, thereby exposing themselves to hazards such as attacks by wild animals. Due to the distance, terrain, risks and other socioeconomic factors, most of such children drop out of education along the way, enhancing the poverty cycle. of the CHEPs education endeavours is in line with The United Nations' Sustainable Development Goal #4 which seeks to ensure inclusive and equitable quality education and promote lifelong learning opportunities for all.





We have so far constructed 13 classrooms for needy children and aim to construct many more

PROPOSED CLASSROOMS CONSTRUCTION

CHEPs aims to construct classrooms in the following schools. Each classroom will also be furnished with chairs and desks for students and teachers.

SCHOOL	NO. CLASSROOMS	Cost per classroom US\$	TOTAL US\$
Kwamagandi Primary	8	8000	64,000
Chakama Primary	2	8000	16,000
Kathama Primary	2	8000	16,000
Chakama Secondary	4	8000	32,000
Msumureni Secondary	4	8000	32,000
TOTAL			160,000

PROPOSED SCIENCE LABORATORIES

Science and innovation are vital to improving standards of living and quality of life. The vast majority of rural communities in Kenya however lack access to science learning facilities. This creates deficiencies in creative thinking, innovation and development.

Chakama Secondary School has never had proper science laboratories. Practical sessions in science are occasionally conducted within a small room which also serves as a staff room and storage room. The students are however expected to sit for examinations in these subjects and even conduct practical laboratory experiments as part of their national examinations competing with counterparts in urban areas who have excellent facilities. It has over the years produced students who lack exposure and basic training in science and technology. They are hence disadvantaged as they perform poorly and subsequently do not qualify for admission in tertiary and technical learning institutions. This has contributed to the lack of development in the area as the community lacks innovative ideas for progress.



The small staffroom cum science laboratory and storage room

We plan to construct, furnish, and equip for the school computer and science laboratories, to encourage science and innovation among a very needy community.

SCHOOL	SCOPE	COST US\$	TOTAL US\$
Chakama Secondary	Upgrading of existing classroom with solar system, furniture and equipment	8,750	8,750
Mkondoni Secondary	Construction of new room	8,000	16,500
	Installation of solar system, furniture and equipment	8,500	
	TOTAL		25,250

PROPOSED COMPUTER LABORATORIES

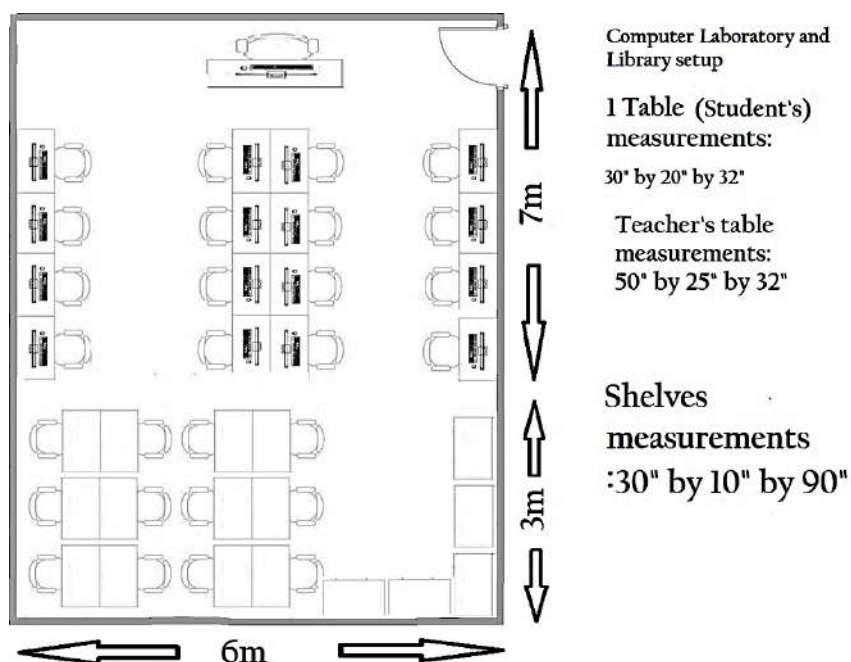
In an era of digital learning, technology and commerce the need for computer lessons in schools cannot be over emphasized. As ICT and internet connectivity developed in Kenya, they brought a wide variety of opportunities which unfortunately only continue to benefit urban communities.

From the year 2019, the world has been struggling with a pandemic COVID-19. Widespread morbidity, mortality and destruction of economies continues to be experienced. Many businesses shut down due to lockdowns aimed at curbing spread of the disease. Others however shifted online and have since thrived with the growth of E-commerce. Rural communities however continue to be left out of this boom, having no technical knowledge and digital infrastructure to support such trade. Many rural communities, as a result, plunged into poverty leading to widespread suffering.

Learning institutions also shifted to virtual teaching. Synchronous and asynchronous learning has been introduced in schools and children in urban areas have continued with their education uninterrupted. Children living in rural and needy areas are however disadvantaged lacking ICT knowledge. They are therefore left behind in the learning curricular yet they will be expected to sit the same national examinations as their urban counterparts. They are therefore at risk of failing their examinations and are unlikely to qualify for tertiary education. This simply aggravates the problem and accelerates the cycle of poverty.

The lack of learning during this year has also led to an exponential rise in social vices including drug use among the youth and teen pregnancies. It is feared that thousands of teenage girls will not resume school when they reopen due to pregnancies and birth.

We therefore seek to construct and equip a computer laboratory in Chakama secondary school to teach the students computer classes. The facility will also be accessible to community members during weekends and school holidays to promote digital learning and innovation among the remote and needy community.



SCHOOL	SCOPE	COST US\$	TOTAL US\$
Chakama Secondary	Upgrading of existing classroom with solar system, furniture and equipment	7500	7,500
Mkondoni Secondary	Construction of new room	8000	15,500
	Installation of solar system, furniture and equipment	7500	
	TOTAL		23,000

PROPOSED CONSTRUCTION OF A KITCHEN AND DINING HALL FOR CHAKAMA SECONDARY SCHOOL

School feeding programs play an important role in enhancing literacy as well as food security among communities. The help to enhance school enrollment and reduce absenteeism other than contributing to students learning by avoiding hunger. In remote villages such as Chakama, the meal that students receive in their schools is often their only meal for the day. Some students even sneak out some of the food they receive to carry it home for their hungry siblings.

Food is as healthy as the kitchen that it is prepared in. Chakama Secondary School currently cooks food for its students in an old, rusty, unhygienic, galvanized-iron- built kitchen, with mud floors. The students also take turn to eat in the crowded kitchen cum dining room. This exposes them to hygiene diseases such as diarrhea as well as lung diseases such as Chronic Obstructive Pulmonary Diseases (COPD) caused by inhaling firewood smoke.

In recognition of the important role that safe and healthy food plays in cognitive function and learning, we plan to construct for them a modern kitchen and dining hall where they can safely cook and eat their meals.

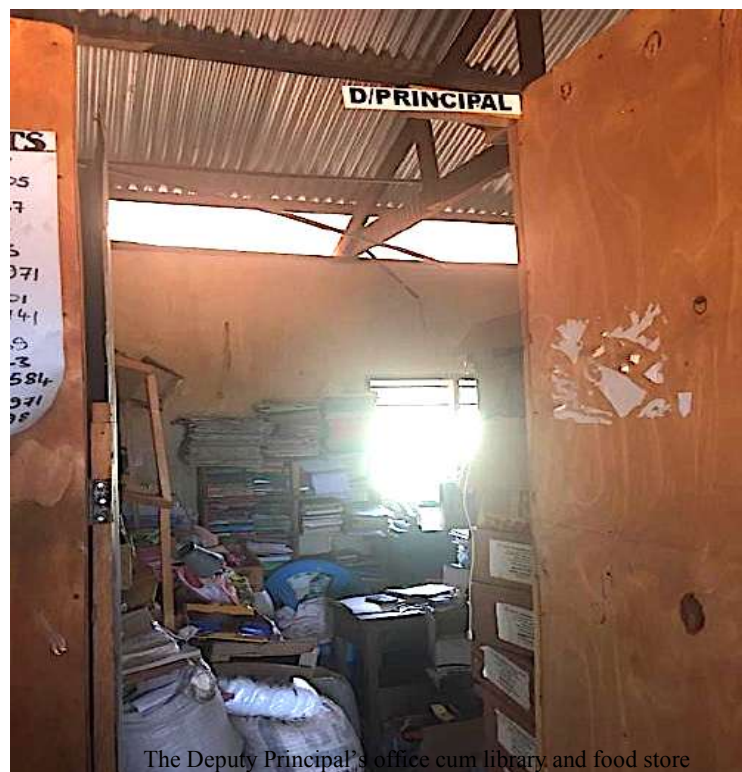


BUDGET	COST US\$
Construction of kitchen and dining hall	16,000
Furniture & equipment	2,000
TOTAL	18,000

PROPOSED CONSTRUCTION OF SCHOOL LIBRARY FOR CHAKAMA SECONDARY

A library plays a very important role in promoting the progress of knowledge in societies. Books are often expensive to purchase and libraries provide access to such books through borrowing. Libraries also provide access to latest research and ideas that stimulate the minds of readers to progress academically as well as socially.

For schools such as Chakama secondary, a library also offers students a conducive environment for them to sit and read as well as a do their class assignment with ready access to reference material. The Chakama secondary school library however does not offer any of these desired features. It is hosted within the Deputy Principal's office, which also serves as storage for uncooked foodstuff. It is poorly lit, has no furniture and is stocked with outdated books. With the natural instinct among students to avoid offices such as the Deputy Principal's, which they perceive as disciplinary, students are unable to access the books, therefore beating its purpose.



The Deputy Principal's office cum library and food store



We plan to construct, furnish and equip a modern library for the students of Chakama Secondary school as part of our efforts to raise the literacy levels among the community and combat poverty through education

BUDGET	COST US\$
Construction of Library	8,000
Solar system, furniture, equipment & books	3,000
TOTAL	11,000

PROPOSED CONSTRUCTION OF AN ADMINISTRATION BLOCK AND STAFF ROOM

Teachers play an extremely important role in societies. They mentor and impart knowledge to the youth, who in turn become the leaders of the next generation. They serve as role models among societies, as most of the times they are the most educated among them. They determine the literacy levels of a community as it is them who guide academic progression. They also inspire their students as well as guide them in making crucial life decisions as well career progression. In rural areas such as Chakama where education is not given much importance, teachers play an extremely crucial role in keeping children in school and thereby enhancing literacy.

It is therefore imperative to uphold the welfare of teachers so as to ensure that they remain committed. A motivated teacher will translate to motivated students who enjoy learning and effectively acquire knowledge. Furthermore, frustrated teachers commonly transfer to other schools causing major disruptions in the school's programs

Teachers in Chakama secondary school do not have a staff room where they can comfortably sit and prepare for their classes. They are forced to take turns in sitting in a small, congested room that also serves as a science laboratory and storage room. Such an environment translates to poor preparation for lessons and thereafter ineffective delivery of knowledge to their students. They also do not have toilets of their own and are forced to either share with students or relieve themselves at the nearby bush.



The Deputy Principal's office doubles as a library as well as a storage facility for sacs of uncooked grains while the Principals office is a small, poorly furnished room which also serves as a school boardroom.



Current staff room cum science laboratory and storage



Current Deputy Principal's office cum library and food store

We therefore plan to construct for the school an administration block with a well-furnished staff room, boardroom, toilets, storage facility and offices for the Principal and Deputy principal. This we undertake because we recognize that when teachers remain motivated, they are more effective in breaking the cycle of poverty.

BUDGET	COST US\$
Construction of staffroom, board room, offices, storage and toilets	18,000
Furniture & equipment	3,000
TOTAL	21,000

KEEP THE GIRLS IN SCHOOL CAMPAIGN

The United Nations estimated that 1 in 10 girls in Africa miss school because of their periods. Local studies show that girls from poor families in Kenya miss 20% of school days in a year due to lack of sanitary towels. Other than missing school, they commonly use unhygienic means to protect themselves during their periods including dirty rags and leaves. This exposes them to a wide range of reproductive health diseases which could lead to complications as well as mortality in the long run. The UN Sustainable Development Goals (SDGs) number 4 states that all boys and girls should be able to have a quality education. We furthermore believe that keeping girls in school is not only important for their own health and well-being, but for the success of the entire community.

Last year CHEPs set up a tailoring unit which has so far produced 2000 reusable sanitary towels kits for distribution free of charge. Each kit contains a carrying bag, 7 absorbent liners, 2 water proof shields, a towel, soap, 2 underwears, and a menses calendar. CHEPs has been since distributed the kits to needy girls living in remote areas of Kilifi and Tana River counties. The beneficiaries are also trained on their usage and educated on reproductive health and sexuality with the aim of combatting teenage pregnancies which are rampant in the area.



We opted for reusable towels as a sustainable solution since each kit is expected to last a girl for 3 years. Furthermore, remote areas have no proper waste disposal systems and disposable towels are an environmental hazard. This project is also providing economic empowerment to the local community as 10 destitute women were rescued from desperation and now have not only employment but also tailoring skills.

Having a fully operational tailoring unit, and due to the widespread need, we seek to reach out to more girls far and wide. We aim to have this running as a continuous program to protect teenage girls as well as women in needy communities. In the long run we envision to develop the tailoring unit into a vocational training center where women can train in tailoring and acquire skills to become economically sufficient.



Sample kit containing 7 liners (white and baby pink) 2 shields (maroon), 2 underwears, a towel, soap, menstrual calendar and a branded carrying bag

Number of Girls to Receive A Kit Each	Cost per Kit	Total Cost
10000	USD 8	USD 80,000

SANITATION FOR SCHOOLS

It is reported that: 2.5 billion people (37% of global population) to date lack access to adequate sanitation. Every 20 Seconds, a child dies due to poor sanitation. 80% of diseases in developing countries are caused by unsafe water and poor sanitation. Access to good sanitation and safe water could save 1.5 million children per year.

Schools in rural areas commonly do not have sanitary facilities. Children are forced to practice open defecation at nearby bushes posing great danger to themselves and entire communities due to the high likelihood of water and food contamination, leading to outbreaks of diarrhea diseases that often lead to mass mortality.

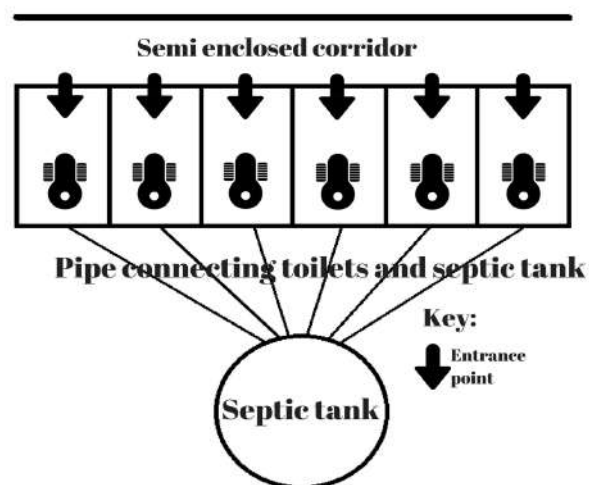
The importance of sanitation cannot be over emphasized. CHEPs is on a mission to construct sanitation facilities for schools in rural areas with the aim of saving thousands of lives. The school sanitary facilities will not only serve in providing safe disposal of the students' waste but will also instill in them safe sanitation values so that they can serve as ambassadors of the same within their communities.



One of many photos of open defecation captured by our team



Sample of typical school toilets constructed by CHEPs



Design of the typical toilets constructed CHEPs

CHEPs has, so far, constructed sanitary facilities for 5 schools in rural areas. This year we aim to construct facilities for an additional 5 schools. Each block will have 6 toilets and each school will require two block each for male and female students separately.

	Cost US\$
Construction of each block of 6 toilets	3,200
Total amount for 5 schools (2 blocks per school, total 10 blocks)	32,000

STUDENT'S SPONSORSHIP

In Kenya, primary school education has since 2003 been free of charge, after the government abolished tuition fees in public primary schools. This provided education access to millions of children who could initially not afford primary school education. Secondary and tertiary education is however not free, leading to many smart children being locked out due to financial constraints.

CHEPs strives to support smart needy students across the country by sponsoring their secondary and tertiary education. The program has supported over 100 students from all over the country some of whom had even dropped out of education due to inability to afford the fees. A recent evaluation on CHEPs sponsored students, whose report is available on request, has revealed that CHEPs sponsored students have emerged respected practitioners in a wide variety of professions including Medicine, Law, Education, Public Health, Business, and Civil Society.



Omar Bakari (second from right) sponsored in Bachelors in Actuarial Science at Maseno University . He is currently Branch Manager at Super Loaf, one of the leading bread companies in Kenya.



Dorise Akoth sponsored to study Bachelors in Education at Kenyatta University, currently a Program Assistant at Forum for African Women Educationalists, an NGO in Kenya.



Abdullahi Hassan, sponsored in BSc in Public Health at Jomo Kenyatta University. He is currently a Senior Public Health Officer working for Wajir County Government.



Abdirahman Abubakar, sponsored in Bachelor of Law at University of Nairobi. He has since graduation worked with Amnesty international and several law firms. He now an advocate who currently runs his own law firm.

This year we plan to sponsor an additional 5 students to access university education, thereby empowering them and their communities.

NUMBER OF STUDENTS	FEES PER STUDENT	TOTAL FEES
5	US\$ 3200	US\$ 16,000

SUMMARY BUDGET FOR EDUCATION 2021

<u>PROJECT</u>	<u>DESCRIPTION</u>	<u>US\$</u>
Classrooms	20 classrooms	160,000
Science laboratories	2 laboratories solar powered, furnished and equipped	25,250
Computer laboratories	2 laboratories solar powered, furnished and equipped	23,000
Administration block	Construction of staffroom, board room, offices, storage and toilets, furniture & equipment	21,000
Student sponsorship	5 university students	16,000
Sanitation for schools	2 blocks of 6 toilets each for 5 schools	32,000
Keeping the girls in school	10000 reusable sanitary towel kits production, distribution, and sexuality trainings through seminars	80,000
Library	Construction, solar lighting, furniture and books	11,000
Kitchen and dining hall	Construction, equipment, and furniture	18,000
	TOTAL	386,250

ENVIRONMENT



Enhancing environmental sustainability through planting of trees

TREE PLANTING

The global rate of deforestation is alarmingly high. It is estimated that the world uses 25% more forest resource than can be sustained every year. Forests are quickly being cleared by human activities including settlement, timber harvest, and energy production, and being replaced by deserts.

This is leading to severe climate changes that are resulting in harsh conditions such as the drought regularly experienced in Kenya. The Sustainable Development Goal 15 (SDG15) aims to ensure environmental sustainability by reversing the loss of environmental resources. In keeping with this global goal, CHEPs strives to preserve the environment by planting trees.

We have so far planted over 13,300 trees in rural parts of Kenya, with emphasis in arid and semi-arid areas. This year we aim to plant 4000 more trees.



NUMBER OF TREES	COST PER SEEDLING	TOTAL COST
4000	US\$ 2	US\$ 8000





DEVELOPMENT



Improving the living standards of the needy communities

HOUSING FOR WIDOWS AND ELDERLY IN CHAKAMA

Shelter is one of the basic necessities for a human being. According to the United Nations:

-  100 million people worldwide are homeless
-  1.6 billion lack adequate and secure housing
-  100,000 people die every year due to lack housing
-  The housing deficit in Kenya stands at 2 million and continues to grow by 200,000 annually.

The worst affected are widows and the elderly who are commonly neglected by their children who move to towns leaving them in the villages. Some societies including those living in Kilifi, where CHEPs is focusing with various developmental projects, accuse the elderly of witchcraft and isolate or even murder them.

SAUMU AND ALI KAZUNGU

Mr and Mrs Kazungu are an elderly couple who live in Chakama, with their 6 grandchildren in extreme poverty. Over the years they took up menial jobs in people's farms to earn a living so as to feed themselves and their grandchildren. Their two daughters left them in the village, with the responsibility of raising grandchildren as they moved to towns in search of jobs. The wife suffered from tuberculosis a while back which was never treated, and as a result, to date ails from chest problems. She has therefore been sickly for many years, as is visibly wasted, a condition that has been aggravated by their state of poverty. Due to their old age and poor health, they are no longer able to work in people's farms, and now mostly rely on handouts from neighbors who themselves live in poverty. This has therefore meant that they and their grandchildren hardly manage a meal a day, let alone other needs.

Our volunteers paid them a visit on learning of their condition and found them in their rundown mud house hurdled to a corner, as 3 out of the 4 walls as-well-as half of the roof had collapsed. They basically live in the open with neither privacy, basic comfort, nor dignity and rely on each other's warmth to keep warm as they huddle together during the cold night in pitch darkness. They were too weak to rebuild the house and cannot afford to hire labor as well as purchase material for the same. Through support from Beta Charitable Trust, we built for them a new house complete with a toilet.



CHEPs volunteer delivers food and clothes to Saumu



CHEPs volunteer covering their home with old banners



Saumu and Kazungu new home under construction



A brand new home ready for occupation



The elderly couple escorted to their new home by CHEPs volunteer Yusuf Mapenzi



The couple inside their new home

Other similar cases:



CHEPs has, so far, constructed 17 such houses and this year seeks to provide decent housing for an additional 20 widows and elderly people. Each of the houses will be furnished with a bed, solar lighting, beddings, curtains and a rug to ensure that the elderly and widows live in a more comfortable and dignified home.

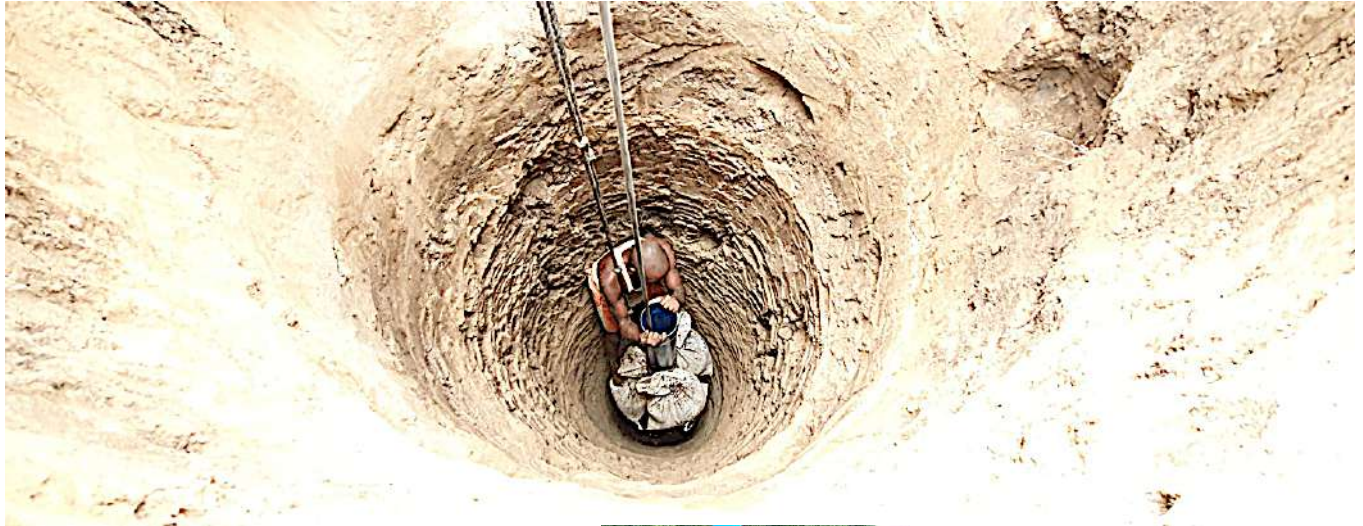
NUMBER OF WIDOWS/ELDERLY	COST PER HOUSE	TOTAL
10	US\$ 2500	US\$ 25,000

WATER SUPPLY

Over 1 billion people lack access to safe drinking water. Kenya is no exception with 17 million out of the 48 million people living in the country lacking access to this valuable resource.

CHEPs aims to alleviate the problem and has dug and rehabilitated 916 shallow wells and drilled 3 boreholes so as to improve supply of this precious commodity that is not only needed for drinking and farming, but also for improved hygiene and sanitation. The wells are also capped to ensure that neither people, animals nor dirt would not fall in, ensuring safety and hygiene.

Digging










Cutting and fitting of casing pipes











CHEPs aims to save millions of lives through provision of safe water and suitable sanitation facilities.

We have so far:

-  Dug 390 shallow wells
-  Re-dug 50 dried wells
-  Drilled 3 boreholes
-  Constructed 34 sanitary facilities
-  Rehabilitated and cupped 537 wells
-  Installed hand pumps for 2 institutions
-  Supplied over 1000 households with water purification chemicals

This has helped ease the water problem, encouraged farming, growing of trees, improved access to clean and safe water and good sanitation practices. Some of the key achievements of our water projects are: -

-  Increased access to safe, and adequate water and sanitation, resulting in reduction of diseases,
-  Water availability for drinking and domestic use by households,
-  Increased school attendance by children who no longer walk long distances to fetch water,
-  Women have more time to undertake other socio-economic activities,
-  Increased household income as a result of using water for income generating activities such as farming and
-  Afforestation and environmental conservation to mitigate drought.

CHEPs seeks to dig an additional 25 wells this year.

BUDGET

Item	Cost (US\$)
Digging the well	500
Plumbing and capping	400
Hand pump fitting and finishing	700
Total	1,600
TOTAL FOR 25 WELLS	40,000

SOLAR LIGHTING

Rural electrification is a challenge that Kenyans face and this impacts the communities negatively, especially children drawn from poor and remote villages that lack basic amenities for their all round development. These children who live in the non-electrified homes have difficulty in doing school work when the sun sets. The CHEPs' solar lamps initiative is committed to enable students, institutions and homes without electricity to get access to light for studying and income generation activities. This project enables them to replace the kerosene lantern with solar lighting devices thus providing better illumination and smoke/pollution free indoor environment as well as creating opportunities for better livelihoods both at the individual and communal level. With plenty of sunlight solar lights are a useful means of lighting up homes, are environment friendly, reduce expense on already impoverished households, reduce chance of ailments of eyes and lungs, provide opportunity for learning and income generating projects as well as better socialization in a bright environment.

Dama Ziro is a 70 year old widow who recently lost her husband of over 40 years. On learning of her loss, CHEPs provided a three-bulb solar lighting kit with torch and phone charger to her in an attempt to comfort her as she grieved her loss. We hope that she will feel a bit less lonely having some light at night.



CHEPs volunteers console with Dama



CHEPs Programmes Manager fitting a solar lighting kit in Dama's home



We have so far provided over 2500 families and institutions with solar lights. The beneficiaries have reported positive impact on their lives including improved school performance by their children who are now able to do their homework. We aim to light up the homes of an additional 100 needy families this year. Each family shall receive a system that comprises of 4 LED lanterns connected to a battery pack that is fed by a roof placed solar panel.

	QUANTITY	COST PER UNIT	TOTAL COST
Solar lighting for homes	100	US\$ 30	US\$3000

HUMANITARIAN



Providing emergency relief to starving needy communities

DROUGHT RELIEF

According to the World Food Program, close to 800 million people worldwide lack access to food. Furthermore, Sub-Saharan Africa has the highest prevalence of hunger occurring in 1 in 4 people! In Kenya, it is estimated that 40% of the population lacks sufficient food.

In the year 2017, over 3 million Kenyans suffered from extreme thirst and hunger due to severe drought. Scattered animal carcasses and malnourished people were a common scene. Having lost their source of food and water with the drying of their crops, and water sources, masses of people risked losing their lives if no intervention was put in place.

We have so far distributed over 140 tons of food and 323,000 liters of water to needy communities all over the country.



In the event of another drought during the year 2021 we aim to distribute at least 50 tons of food and 200,000litres of water.

	QUANTITY	TOTAL COST
Food in tons	50	US\$ 65,000
Water in litres	200,000	US\$ 12,600

RAMADHAN FOOD DISTRIBUTION

CHEPs distributes relief food during the Muslim holy month of Ramadhan to needy fasting communities. Priority is given to orphans and widows living in the Muslim dominant areas of Kenya. As has been the trend each year, we plan to carry out the same this year with the aim of supporting the communities in fulfilling their religious obligation of observing the annual one-month of fasting.



Number of families	Quantity of food to last a month	Cost per family	Total cost
1500	51kg of variety of food	US\$ 57.5	US\$ 86,250

ADVOCACY



Networking to share ideas and innovation seeking solutions to social challenges

CONFERENCES

CHEPs believes that knowledge is power, and it is in the spirit of disseminating information for better community health that CHEPs holds scientific conferences.

We have so far held 3 conferences and this year we plan to hold our 4th conference with the aim of bringing people together from different background and specialties to discuss ideas and devise solutions to the many social challenges that afflict the world.



Proposed 2021 conference budget – US\$ 5,000