



Sanam Vaziri Quraishi Foundation
Final Program Report
January 2007 to October 2008

EXECUTIVE SUMMARY

For the past two years, SVQF has been a wonderful supporter of Free The Children. Because of your generous commitment to the Kenyan community of Salabwek we have been able to implement innovative programming that is creating change which will continue to impact children and their families for years to come. Thanks to your continuous involvement the community members of Salabwek are receiving the resources and skills they need to transform their own lives.

SVQF's support for the Salabwek community has been instrumental in empowering the community members to break the cycle of poverty and create positive change in their lives. As a result of the SVQF's support, many new initiatives have thrived. With the support of the SVQF the Salabwek community has:

- **8** new classrooms built, furnished, and outfitted with supplies and educational material
- **468** male students and **442** female students are now enrolled in school
- **18** teachers have received training
- **14** educational workshops provided
- **900** school kits distributed
- **1** rain catchment system built
- **9** latrines built
- **2** hand washing stations
- **1400** people used the mobile clinic services
- **900** health kits distributed
- **10** health workshop workshops provided
- **1** garden planted that is 1/8 acre
- **50** local participants created the garden
- **5000** people who benefit directly from the garden
- **506** women, part of **22** women's groups, who have participated, on average, in **4** Alternative Income workshops per month.

In addition SVQF has generously donated a large shipment of medical supplies to the Free The Children's Mobile Health Clinic. A breakdown of this contribution is detailed in Appendix A. Thanks to this outstanding contribution, the Mobile Health Clinic was able to reach more people not only in the community of Salabwek but also in the surrounding communities of Enelerai, Motony, Emori Joi, Oloosiyoi, who also benefit from the visits of the Mobile Health Clinic. In addition thanks to this shipment, we were able to provide extended services to the local communities with the extra supplies such as syringes to perform essential health prevention tasks such as vaccination campaigns.



Furthermore, last year members of the foundation traveled to Kenya with Free The Children to visit and actively contribute to the projects implemented in Salabwek. Their hands-on participation in the construction of the community's school was not only a heartwarming gesture but truly demonstrated the importance of education for the entire community. It is this direct involvement that characterizes the remarkable work of SVQF in Kenya.

EDUCATION OVERVIEW

Before Free The Children's work in Salabwek, the lack of infrastructure and low quality of education were some of the main obstacles that prevented children from exercising their right to primary education. Thanks to SVQF's commitment, we have addressed these challenges and have provided pertinent, sustainable solutions.

Initial Status



The old Salabwek school

Salabwek's local school was built in a small three-acres area, which was divided into two compounds. The walls were made of sticks, mud and cow dung.

The classrooms did not have enough desks and such desks were made of discarded pieces of wood barely held together by nails. Due the lack of windows all the classrooms were very dark, cold and dusty. During the rainy season the classroom walls would break and holes would appear in the roof and the walls. As a result puddles covered the classroom

floors, teachers would be very frustrated and children would get sick.

Due to the overwhelming amount of students, the classrooms were overcrowded and many children were unable to attend school due to the lack of infrastructure.

Current Status



The inside of the new Salabwek school

Thanks to the generous contribution of SVQF, Salabwek now counts with eight fully functional classrooms. Each classroom is made of solid concrete and has five big windows that bring in light, warmth and proper air circulation to the room. The classrooms are designed and outfitted with new desks to sit 40 students and a teacher. The roof of every classroom is made of tin and designed to collect the rain as part of the local water system (see Water and Sanitation section).



The new Salabwek school

The construction and maintenance of the classrooms would not have been possible without the active participation of the community. All community members were fully engaged in all the steps of the process from the project inception, planning stages to its implementation. Parents and other local community members contributed to the building process in various ways. Whether it was the women

carrying water to mix the cement, the men working as construction workers or standing guard at night to preserve the construction materials, or the teachers and students who now take turns to maintain the school clean, everyone has invested a significant amount effort and resources into making the school a success. It is with this participatory approach that Free The Children ensures the sustainability of its projects.

In addition, to complement the new infrastructure, several initiatives have been set in place in order to increase the quality of the education in the community. These programs are designed to improve the quality of education, capacity of educators, and better engage all stakeholders in the importance of education. They include:

Education Stakeholder Meetings: This ongoing initiative involves a series of meetings with the community chief, the school headmaster, school teachers, the school committees and local leaders. The purpose of these meetings is to evaluate current educational strategies, compare existing options, determine best-practices and continually re-define their school action plan to ensure quality primary education and encourage gender sensitization.

Teacher Incentive Program: This region-wide competition engages all levels of the community to contribute towards improving the educational environment. Teachers, students and parents must all work together in order to win. Salabwek School currently holds the first place within the competition in the cleanliness category.

<u>Education: Summary</u>	
Number of females enrolled in the school:	442
Number of males enrolled in the school:	468
Classrooms completed:	8
Number of teachers who have received training¹:	18
Number of educational workshops given:	14
Average number of children per classroom²:	40
Number of school kits distributed:	900

¹ This number includes 12 male and 6 female teachers.

² Since our last report there has been an increase in school enrollment and overall daily attendance. As a result the average number of children per classroom fluctuates between 40 and 50 students.

WATER AND SANITATION OVERVIEW

Initial Status



Before the water system women would collect water from the Mara river.

Originally the community of Salabwek did not have a water or sanitation system in place. Women and children would have to walk up to three hours to collect water from local streams or the Mara river. As a result of the time involved in this task children would be unable to attend school.

In addition, due to the contaminated water, as well the lack of sanitation practices and latrines, the community members suffer from water-borne disease such as diarrhoea, tuberculosis, intestinal infections, and others.

Current Status



The new Salabwek rain catchment system

Thanks to SVQF's contribution the community now has a rain catchment system designed to provide clean and safe water in the community. This very successful project was built in connection with the school as it is a centralized location that allows all community members to equally access the water. Each class room is outfitted with tin roofs that collect the water, which comes down through a pipe to a reservoir tank. The tank can hold 2300 litres of water

and is connected to a pump that sanitizes the water. The community can access the water through two water taps located on the side of the tank.



Some of the Salabwek children who benefit from the rain catchment system.

As with the school construction, the entire community also participated in the entire construction process of the water system and is in charge of its maintenance. The student health club is responsible for pumping the water every day and filling the hand washing station with clean water. To highlight the importance of water, students also contributed by executing an art project which involved painting the water tank with various youthful motifs.

The implementation of the cost-effective rain catchment system and programming has had incredible impact in the community. Women

no longer have to walk for hours to collect water and more female children can now attend school instead of going for water runs. The entire community now has access to clean and safe water which in turn has reduced the number of people affected by water diseases as well as the frequency of people getting sick. Nonetheless, as Salabwek is growing at a fast pace the need to supplement the current rain catchment system with another water system, that will be able to serve more community members, is apparent. To address this need Free The Children is undergoing assessments to hopefully begin construction of a borehole in Salabwek.

In addition we have set in place nine latrines, each with two stalls (one for males and one for females) to accommodate the school's need. To complement this initiative we also presented sanitation workshops that teach the community about safe sanitation practices such as hand washing and water boiling. The community has been very receptive to this training, especially children who now urge their parents to wash their hands and many refuse to drink water that has not been boiled. The impact of our capacity building exercises can also be witnessed in the projects adopted by women in the merry-go-rounds. More and more women are choosing water and sanitation initiatives (i.e. pit latrines or water collecting roofs) as their choice for their merry-go-round project. Due to this shift in mentality personal hygiene has become a priority and the importance of sanitation is a topic of discussion within the community.

<u>Water Programming Summary</u>	
Number of clean waters systems built:	1
Number of hand washing stations built:	2
Number of latrines built:	9
Sanitation workshops provided ³:	45

HEALTH OVERVIEW

Initial Status

Initially, the community members of Salabwek had no access to health care. The only clinic in the region had being built by another foreign NGO; however due to the lack of funding it had no assigned staff or supplies.

As a result sick community members would go untreated for months, even years, risking their health and many times even their life. The lack of medical facilities and personnel also

³ The drastic positive variance in this number compared to our last report is due to an increase in capacity in our Kenya office and expansion of our health programming. In the past few months we hired two new community outreach workers who have been able to provide more workshops to community members.

contributed to the high infant mortality in the area as well as the spread of contagious diseases such as HIV.

Current Status



The Mobile Health Clinic

Free The Children has undertaken several initiatives to improve the health of Salabwek’s community members. From a mobile health clinic to health workshops, Free The Children provides a wide range of treatment and preventive measures. Free The Children nursing staff are well trained and committed professionals able to modify the materials, the number of workshops and the interaction with the each group based on the group’s knowledge base, the need, the interest and how easily the information is absorbed and put into action in order to ensure

the best results. All trainings are tailored to different age groups and audience types. Participatory methods are also introduced into the workshops and trainings to make them as interactive and as fun as possible.

1. **Mobile Health Clinics** – The purpose of this service is to provide diagnostics and treatment to the community. This is a full day activity that occurs twice a month in each community. Our Free The Children health care team drives a green land cruiser full of medication and medical supplies to the intended community. The clinic date is set in conjunction with community members during previous visits so entire the populations is aware. The clinics are usually held at the Free The Children school or sometimes at a community member’s house. During the clinic a health file is created on each client including a health history, where the ailment is occurring and any other forms of treatment sought out. The FTC health care team will diagnose and treat when possible, and if not they will refer the client to a recommended health facility. In an emergency situation, our health care team will accompany and transport an injured or ill person to a medical facility.

1. **Mobile Health Prevention Services** – The objective of this service is to provide and facilitate health modules with women, men and youth groups. This service is a full day activity that occurs twice a month in each community. The following are the health modules covered.

a. Personal hygiene (5 workshops)	b. Nutrition (2 workshops)
<ul style="list-style-type: none"> • Importance of daily bathing, keeping short hair while in school, keeping nails short, cleaning the compound and school cleanliness. • Having a dust bin at school and at home. • The importance of hand washing and using soap. • The importance of building latrines, materials required and how to build them. • How to ensure safe drinking water/milk. • How long to boil water/milk and/or food. • Two follow-up workshops 	<ul style="list-style-type: none"> • Food groups • Balanced diet • Kitchen gardens/how to maintain/what can grow • Good cooking practices • Food preservation • Food deficiencies (signs and symptoms)



<p>c. First aid (1 training)</p>	<p>d. HIV/AIDS & STD's (3 workshops)</p>
<ul style="list-style-type: none"> • Basic First Aid Training • Each school is currently being equipped with a First Aid Box for emergency situations. • All Health Club members are being trained in first aid along with all teachers in the schools. • All students in the school will be trained on basic first aid. 	<ul style="list-style-type: none"> • STDs, definitions, signs and symptoms, causes, effects (long term effects) prevention, importance of being tested, treatment and home based care • HIV/AIDS: definitions, signs and symptoms, causes, effects (long term effects), prevention, importance of being tested, treatment, home based care, opportunistic infections, stigma and HIV/AIDS orphans • 1 Follow-up session
<p>e. Mother/Child Health Programming and Family Planning (3 workshops)</p>	<p>f. Common Disease Prevention (2 workshops)</p>
<ul style="list-style-type: none"> • Child spacing • Planning a family • Early signs of pregnancy • Importance of antenatal and post natal care • Antenatal care • Post natal care • Danger signs for newborns • Breast feeding • Importance of immunizations • Maintaining hygiene/preventing infection for mom and baby • Growth and development • Nutrition • Good weaning practices/feeding practices 	<ul style="list-style-type: none"> • Malaria • Typhoid • Common cold/flu • Cholera • Pneumonia • HIV/AIDS • Tuberculosis • Diarrhea diseases • Worms • Amoeba • Parasites • Fungal infections • Eye/ear infections
<p>f. Underprivileged Children (1 workshop)</p>	<p>g. Traditional Birth Attendant Training</p>
<ul style="list-style-type: none"> • Ways to care for underprivileged children, as well as dissemination of information on facilities and resources available to them. • Fighting stigma 	<ul style="list-style-type: none"> • Distribution of gloves • Antenatal care • Birthing process • Danger signs during pregnancy • Danger signs during birth • HIV/AIDS prevention

2. **Active Student Health Club** – Approximately 42 Salabwek students belong to the Health Club and Free The Children staff facilitates their training twice per month. To date the Health Club has:
 - Been introduced to Free The Children Health Care Team
 - Formed and created a weekly registrar
 - Created a mission and vision for their club
 - Met weekly with their school patron
 - Met every other week with FTC health professional
 - Received a complete training on Personal Hygiene and Sanitation by FTC health team
 - Started training on HIV/AIDS and STDs
 - Implemented/constructed hand washing stations

3. **Primary Schools Preventative Health Modules** – This is a full day activity that occurs twice per month. The following are the health modules covered:
 - a. Personal Hygiene (5 workshops)
 - b. Nutrition (2 workshops)
 - c. First Aid (1 training)
 - d. HIV/AIDS & STD's (3 workshops)
 - e. Common Disease Prevention (2 workshops)

4. **Health Club Members Preventative Health Modules** - The Health Club members decided on what were the most important topics to be covered during these modules. The order of the workshops is as follows:
 - a. Personal Hygiene and Sanitation
 - b. HIV/AIDS and STDs
 - c. Peer pressure (counseling)
 - d. Common disease prevention
 - e. First aid training
 - f. Environmental hygiene
 - g. Reproductive health and sexuality
 - h. Teenage pregnancy
 - i. Cultural practices and how they relate to our health

Following our commitment to prioritizing women's health and achieving gender equity in all communities, the Free the Children health staff continuously works with local women to educate, build capacity and teach preventive measures on various health-related topics. In Salabwek, our staff currently works closely with 12 women's groups to implement health education workshops.

ALTERNATIVE INCOME OVERVIEW

Female empowerment is a cross cutting theme in all Free The Children’s programming. Whether it is through our all encompassing alternative income training or our health workshops, gender equity is an essential pillar to our sustainable strategy.

Free The Children initially began working with four women’s groups in Salabwek. As we continued to engage the community, this number quickly grew to 11 groups. Presently there are 22 women’s groups in the community, out of which 17⁴ actively participate in our Alternative Income Programs. On average each women’s group has 23 members. The table below will describe the stages of our alternative income programming as well as the number of active groups currently involved in each stage. It is important to note that the time frames provided below for each phase are approximations as many factors can affect the completion of the entire cycle.

Phase	Groups	Description
Phase 1 4 - 8 months ⁵	-	Women are mobilized into more formal groups that help women establish their own participation, ownership, and recognition of their power and resources. They then initiate small projects within each group. The focus of the small projects are decided and implemented solely by the group members and often includes buying goats, tin sheets for their homes, or water containers to harvest rain. The Free The Children’s team of community development workers is able to provide them with special workshops such as sanitation and general health care.
Phase 2 2 – 6 months ⁶	12	After a successful completion of the program’s first stage, the groups move to more advanced group formation trainings such as: writing group constitutions, learning leadership processes and conflict resolution strategies, minute-taking, as well as human and children’s rights. They also receive catered training in leadership and communication. As well, Free The Children staff ensures that they are registered with social services with the local government.
Phase 3 Ongoing	5	A professional instructor then provides these groups with training on: financial literacy, accounting, book keeping, marketing, price controls, retail and wholesale, buying and lending on credit, entrepreneurship, business techniques and troubleshooting. Small loans are given to expand or establish small businesses which often include the sale of cultural bead/jewelry work. This diversifies the household income and empowers women by making them responsible for some of the economic decisions for their families.

⁴ We define a women’s group as “active” if they partake in most of the activities and training conducted by Free The Children staff. Due to the many chores that women are responsible for, especially during times of drought or famine, they occasionally cannot participate in the required trainings as often as required and so their group is deemed inactive until they return. As a result the number of active women’s groups fluctuates.

⁵ Some of the factors that can delay the completion of this phase include: the frequency the women can meet for their merry go rounds due to increases in household work, the dynamics of their group and conflict resolution skills, the time of year when they start the program as during the drought months their merry go rounds decrease in size due to the decrease of household income.

⁶ Some of the factors that can delay the completion of this phase include: the time it will take the women to register with social services, the efficiency of the local government, their individual speed to understand and learn the material.

The success of our alternative income programming can also be witnessed in the initiatives that have resulted (directly or indirectly) from such efforts.



The Women's Leadership Conference

Women's Leadership Conference - in the Masaai Mara. Spearheaded and organized by the women themselves, the conference was an outstanding success with the attendance of over 80 women's group from six different communities across the Masaai Mara, including Salabwek. The conference provided women with an opportunity to: voice their concerns, discuss local challenges, and brainstorm for potential solutions in a safe and open environment.



"It is as if we were lost, but it is as if the training has helped us find our way to develop ourselves."

Esther Tuiya

Awareness Days – these days are large awareness days that gather community members from all around the area in order to create awareness about certain topics that are of interest to the community. For example, last year's Awareness Day was an exchange of information about HIV/AIDS, against Female Genital Mutilation, and Girls' Rights.

In addition the community has seen such a positive change since the start of the women's participation in women's groups that as a consequence there has been a two fold reaction. Originally, most men in the community were firmly opposed to women participating in women's groups. Nonetheless with a large number of the women now involved in alternative income programming, the number of men opposing this initiative is rapidly declining as they can experience first hand the benefits for their families. Furthermore, women's groups have been such a success in the community that many men are now interested in starting their own men's groups to receive similar training, an unprecedented occurrence in the Maasai communities.

<u>Alternative Income Summary</u>	
Number of women's groups formed to date:	22
Total number of women engaged:	506
Total number of beneficiaries⁷:	4048

⁷ While the entire community benefits from the work of the women participating in our alternative income programming, for the purpose of this indicator we only consider the immediate family of the participant as the beneficiaries. This number is also based on the assumption that each family has 8 members which is the general average in the community.

CONCLUSION

SVQF has made a generous contribution to all the people in Salabwek. Through your incredible donation, visits and general involvement you have helped to shape the lives of the people in this community. Together, and with the active participation of the community in all its programs, **SVQF** and Free The Children are empowering the people of Salabwek to be the main creators of change.



APPENDIX A

Item	Unit	Description
Emesis Basin	2 boxes	Plastic basins - 250 per box
Stretch bandages	2 boxes	96 per box - Kendall
Gauze rolls	1 box	non-sterile medium rolls
Nebulizer	1 box	Misty large w/tubing - 18
Blood collection needles	3 boxes	Vacutainer - 100 per box
Drapes	1 box	Allegiance Under buttocks - 40
Sterile Sleeves	2 boxes	Latex-free - 60 per box
Overhead Table covers	2 boxes	Allegiance - 12 per box
Pouches	1 box	Steris Vis-U-All self-seal - 500
Absorbent towels	2 boxes	120 per box
Gauze sponges	1 box	Allegiance - 4000
Bandage rolls	1 box	Elastic - 144 rolls
Gauze	8 boxes	
Exam gloves	2 boxes	Stretchy Nitrile 9.5" - 1000
Surgical gloves	1 box	200 gloves
Surgical mask	1 box	210 masks
Confort hood	1 box	75 hoods
Caps	1 box	Easy-tie - 100
Petroleum gauze	5 boxes	72 per box
Scalpels	1 box	Bard-Parker - 100
Syringes	2 boxes	5 ml syringes - 100 per box
Gloves	1 box	Sensicare non-latex
Transparent dressing	5 boxes	Smith & nephew - 10 per box
Tape	1 bag	white tape - 6 rolls
Needles	1 box	short pen needles
Cotton-tipped Applicator	1 box	100 packs of 6-inch medline
Otoscope set	1 box	Riester
Lancing device	1 device	
Lancets	1 box	Osco sterile tip - 200
Lancets	1 box	Monolet sterile
Lancets	1 box	Invacare sterile tip
Glucose monitor	1 monitor	Accu-chek
Glucose monitor	3 monitors	
Crutches	12 pair	assorted sizes
Syringes	1 box	Safety glide tuberculin - 100

Item	Unit	Description
Tongue depressors	3 box	10/500
Wash basins	2 boxes	Single patient, plastic - 50
Wheelchair	1 chair	
Wheelchair	1 chair	
Disposable Scalpels	2 box	BD Bard-Parker, 100 scalpels
Blood Transfer Device	2 box	Female luer adapter, 200
Safety Glide Syringes	4 boxes	For use with insulin, 100 per box
Containers	1 box	Multi-purpose, 8 oz.
Surgical gloves	2 boxes	Latex, Powder-free, 200 pairs
Nasal Cannulas	2 boxes	Infant size, 50 per box
Manual Resuscitators	2 boxes	Pediatric size
Gauze sponges	1 box	1000 sponges
Mixed Pediatric supplies	1 box	plastic bottles, robes, blood draw kit, b/p cuffs, cotton applicators, splint
Elongated masks	2 boxes	Pediatric size, 50 per box
Jugular Puncture kit	1 box	Pediatric size, 10
Face Mask	1 box	Infant, air cushion, 30
Liquid Soap	1 box	Amerigold, 96 per box
Shampoo	1 box	Amerigold balsam, 96 per box
Sterile water	3 boxes	For irrigation use, 64 bottles in total
Vitamin A & D ointment	1 box	
Blue cloth towels	1 box	hand towels
Disposable under pads	2 boxes	3 bags per carton
Cover sponges	2 box	Kendall curity, 4 in. x 3 in.
Mixed instruments	1 box	scissor, tweezer, stethoscope, stapler
Mixed orthopaedic	1 box	stockinettes, braces, finger mitts
Mixing bowl & spatula	1 box	Howmedica Mix-Kits
Underpads	1 box	
Bactoshield Antiseptic	2 box	Steris surgical hand scrub
Mixed Bandages	1 box	tape, adhesive, gauze, bandage, sponge
Gauze rolls & sponges	1 box	Kendall Kerlix medium & Dermacea
First quality briefs	3 boxes	Medium size
Staplers	3 boxes	3 linear staplers
Pens	1 box	Surgical marking pens
Surgical sheets	1 box	extra large surgical sheets
Syringe with catheter tip	4 boxes	60 cc. Monojet, 20 per box, autoclavable