

## Progress Report

Adopt a Village – Salabwek

Submitted To:

SVQF

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## INTRODUCTION

Free The Children is proud to report back on the growth that was seen in Salabwek and the impact made on the lives of thousands of community members since programming began in 2007. Salabwek has become a model community in the Narok South District, moving forward innovative new alternative income programs, participating in region-wide collaboration initiatives and performing well in national examinations. The support from donors such as SVQF is integral to a thriving community. Thanks in large part to SVQF's support, which made initial significant investments in the Adopt a Village program in Salabwek, development projects continue to move forward and reach out to thousands of people every day, offering them the opportunity to play a critical role in their community's development and sustainable growth.

## EXECUTIVE SUMMARY

<b>Program</b>	<b>Adopt a Village</b>
Country	Kenya
Program Objectives	<ul style="list-style-type: none"> <li>• Provide access to quality primary education</li> <li>• Provide access to clean and safe water for all community members</li> <li>• Provide access to standard health care facilities and medical resources.</li> <li>• Increase base family income through sustainable and diversified income generating activities</li> <li>• Increase empowerment and independence of women</li> </ul>
Sectors of Focus	Education, Water and Sanitation, Health Care, Alternative Income
Operational Area	Salabwek, Narok South District, Kenya
Program Period	March 2007 – March 2010
Funding Partner	Sanam Vaziri Quraishi Foundation (SVQF)
Total Budget	\$118,600
Number of Beneficiaries	5,200
Free The Children Contact	Alexandra Martin, Program Manager

## MAP OF SALABWEK AND NAROK SOUTH DISTRICT



## EDUCATION

### Objective

Increase access to quality primary education.

### Impacts

Number of students enrolled and regularly attending	664 <sup>1</sup>
Number of boys enrolled	352
Number of girls enrolled	312
Total number of classrooms needed to accommodate the students <sup>2</sup>	20
Number of classrooms built	19
Number of classrooms currently under construction	2 <sup>3</sup>
Number of teachers currently employed	22
Number of female teachers	6
Number of male teachers	16
Teachers participating in School Pride Program	22
Total teacher training sessions held	3
Number of external stakeholder meetings	10

Salabwek is thriving and has become a model community in the Narok South District. When Free The Children began working in partnership with Salabwek, an overarching objective was set to guide all future implementation of projects in this community: increase access to quality primary education. Free The Children can proudly say that this has been accomplished in Salabwek. This objective is measured through the following indicators:

- Decrease in the distance children walk to school
- Increase in number of classrooms to accommodate students
- Increase in enrollment and attendance
- Decrease in class sizes
- Increase in number of quality teachers
- Increase in school supplies

Since starting programming in Salabwek, the quality of primary education has improved dramatically. Salabwek was originally the only school in the region, with students walking an average of 3-4 kilometres to get to school every day. Now, because of the amazing reputation of Salabwek primary, the nearest community of Mwangaza has begun working with Free The Children to provide access to education for those young people who live more than 3-4 kilometres away. As a direct result of Mwangaza primary school having opened, enrollment at Salabwek has decreased as children from Mwangaza are now able to attend a school in their home community.

The positive reputation of Salabwek primary rests on the fact that 19 new classrooms have been built, furnished, and outfitted with supplies and educational materials, with 8 of those classrooms made possible with support from SVQF. The 20<sup>th</sup> classroom is almost complete, with stone walling completed

<sup>1</sup> Enrollment and attendance rates have decreased due to the opening of Mwangaza primary school.

<sup>2</sup> Originally, because Salabwek is a feeder school, 25 classrooms were planned. Now, only 20 are planned for this community given that more schools have opened up in the region to serve this need.

<sup>3</sup> One classroom and one library are currently under construction in Salabwek.

up to the 7<sup>th</sup> layer (out of 10 layers). 664 pupils are now enrolled in primary school, which is broken down into 352 boys and 312 girls. There is now an average of 30-40 pupils per classroom, which is a significant decrease from years prior where there existed an average of 61-100 pupils per class. In addition, since 2007, dropout rates have decreased from 3 pupils to 0 pupils at the end of the 2011 school year. Finally, at the end of 2011, the grade 8 students who were applying to attend high school received a mean score of 235.47 on their national examinations, which is an increase from 228.95 in 2010. Free The Children is extremely proud of this statistic because it speaks to the improved quality of education and supporting programs that enable youth to access education sustainably.

The provision of school supplies improves the quality of education and is essential to opening up sustainable access to it. Supplies enrich education and make it possible for all different types of learners to actively participate at school. Originally, children shared textbooks, whereby there was one textbook for every 4 children in lower primary grades, and one textbook for every 3 children in upper primary grades. Now, classrooms are outfitted with necessary supplies.

In Kenya, the government provides Free The Children schools with trained teachers at each school. However, rural communities experience difficulty recruiting and retaining quality teaching staff because of the poor conditions of the school and the lack of staff accommodations. With increased focus on providing professional development opportunities for teachers, as well as conducive work environments, Free The Children has maintained a team of 22 teachers in Salabwek to provide a supportive education experience for youth in Salabwek. Salabwek has also achieved its target student-teacher ratio as well as opened up involvement in the School Pride Program.

The School Pride Program provides incentives for educators to become more actively engaged in Free The Children programming. The program creates a culture that motivates and attracts the best and brightest teachers to improve student participation and results. It has been extremely successful in helping to prevent teacher apathy and improve teacher retention rates. Salabwek has teacher accommodations that are well utilized, and these coupled with incentive programs creates a positive and sustainable school environment. At the School Pride Program ceremony held in February, students were awarded for the exemplary performances in the last years' (2011) Kenya Certificate of Primary Education. Salabwek students had also performed well in the below categories and as a result were awarded:

- 1<sup>st</sup> place student mark in social studies in the national examination
- Best school in environment program
- Best school in maintenance and cleanliness

Happily, the school's classrooms are full of bright and engaged young people, ready to learn. During the East African drought, class attendance had been a concern in the school, as many students dropped out of school for menial jobs that would contribute to their households' income. In response to the drought, and to reduce drop-out rates, Free The Children strengthened the nutrition program in the school. In 2012, 61 bags of maize and 17 bags of beans were supplied to Salabwek collectively. The promise of a warm meal motivates students to attend school, and helps them focus on their studies.

It continues to be a busy year in Salabwek, with sports programming rolling out and meetings with government officials to continue to strengthen Salabwek primary; a community that's making its mark in Kenya.

## WATER AND SANITATION

### Objective

Provide access to clean and safe water for all community members.

### Impacts

Total number of latrines built <sup>4</sup>	16
Total number of wells built	1
Number of clean water kiosks	1
Number of households with boiling water <sup>5</sup>	331
Number of households with latrines	121
Number of households with hand washing stations	54
Number of household with water catchment systems	75
Number of water and sanitation awareness workshops held	4
Number of women attending awareness workshops	30
Number of students attending water, sanitation and hygiene workshops	1021

It is evident that community members have taken full ownership of water projects in Salabwek and are committed to ensuring that everyone in the community will have access to clean water, minimizing the risk of waterborne illnesses. When Free The Children first started working in Salabwek, 90% of households did not have access to safe drinking water and proper sanitation facilities, and suffered from water-borne diseases causing illness and death. This was due to the fact that no one in the community lived within 3 kilometres of a clean water source. Now, with the completion of the borehole, 88% of people live within walking distance to clean water.

This increase in access to clean and safe water was made possible through a multifaceted programmatic approach centered around the construction of a borehole well<sup>6</sup>. The completion of this project means that now, clean water is piped to a water kiosk at Salabwek primary and is within close walking distance.

The Water Management Committee continues to play an important role in ensuring that the well, kiosk, generator, water towers and piping network are constantly well-maintained and that there is enough incoming funds to continually support the clean water system. Maintenance and operations officers attended multiple training sessions to familiarize themselves with the new water system. Currently community members pay 2 Kenyan shillings (KSH) per jerry can of water. These fees offset the costs of labour for the water vendor and coordinator, as well as for service and repair of the borehole well generator. To track the flow of water, there is a meter at the well that measures water levels and usage. This integrative system is working well in Salabwek thanks in large part to the growing level of responsibility taken on by the community which makes for a holistic and sustainable project.

<sup>4</sup> Hand washing stations are built in tandem with latrines at schools. Free The Children is continuing to work with community members and school officials to ensure that these stations are well maintained, with soap and water available at all times.

<sup>5</sup> A number of households are utilizing the rain catchment system to obtain water. In this case, water needs to be boiled. Water obtained from the borehole well does not.

<sup>6</sup> Prior to boreholes, Free The Children provided households with bio sand filters, some of which are still being used in households. However, with the borehole well, the community is able to take ownership over the project together and access to water is much more widespread.

Other notable water and sanitation statistics to share from the community include the following:

- The amount of water obtained from the access kiosk went from 0 litres in 2008 to 288050 litres in 2010 to 783470 litres in 2011.
- The percentage of households that regularly practice healthy water-usage habits at home increased from 48% in 2008 to 91% in 2011.
- The number of diagnosed incidences of typhoid, diarrheal diseases, malaria increased from 11 in 2008 to 73 in 2011.
- The number of diagnosed incidences of skin/eye conditions increased from 12 in 2008 to 61 in 2011.

These positive statistics speak to the successes of water and sanitation programming held at both the school and the community level. A clean water access point; works in tandem with the education of women and children to make healthy decisions. Therefore, the entire community thrives. Water programming is integrated in women’s groups, as well as in environmental projects to increase the buy-in by multiple stakeholder groups in the community. For example, a new irrigation system was installed at the school farm in 2011. The school is now able to realize a bountiful harvest due to continuous availability of water for the farm. Extra produce from the farm is sold therefore generating extra revenue for the school. On another level, this cross-integration of water in multiple programs (women’s groups, education, school farms) raises awareness of the importance of water thereby promoting responsible use of water.

## HEALTH CARE

### Objective

Provide access to standard health care facilities and medical resources.

### Impacts

# of health awareness days or workshops held for community	3
Number of students participating in school based environment programs	40
Number of children participating in de-worming program	576 <sup>7</sup>
Number of people who work in kitchen gardens	1120
Number of people who benefit from kitchen gardens	5200
Total number of trees planted	800
Average number of plant varieties planted in kitchen garden	8
Number of people who work in demonstration gardens	40
Number of people benefitting from demonstration gardens	772

Salabwek is making progress in becoming a sustainable and dynamic community. Central to this is the community’s health care programming. This pillar encompasses two core components: health education and the provision of health care services. To illustrate that changes have been in seen in the health of

<sup>7</sup> Number of students dewormed is less then student population as student population numbers are recorded at the beginning of the school year and deworming occurred in February when student population was still fluctuating.

the community as a result of health care programming, Free The Children has measured changes in health care access, and learned the following.

- The % of households that regularly practice key healthy habits at home has increased from 45% in 2008 to 89% in 2011.
- The % of children who have regular access to well-prepared, nutritious food has increased from 66% in 2008 to 83% in 2011.
- The % of youth that have been taught healthy habits has increased from 66% in 2008 to 83% in 2011.
- 7% of mothers are receiving post-natal care (as compared to 1% in 2008).
- Diagnosis of tuberculosis, measles, pneumonia, and brucella has increased as a result of increased access to health services.

Regarding health care service provision, Salabwek continues to receive the mobile health clinics where students are treated for parasitic worms. Below are the tabulated statistics of the clinic visit in February:

<b>Grade</b>	<b>Boys</b>	<b>Girls</b>
Nursery	16	25
Class 1	41	40
Class 2	38	38
Class 3	16	25
Class 4	36	29
Class 5	51	56
Class 6	28	42
Class 7	34	32
Class 8	13	16
<b>Total</b>	<b>273</b>	<b>303</b>

In addition to medical treatments, in March, a comprehensive school health exercise was conducted in Salabwek primary school by one nurse and the social worker. The goal was to assess the current state of school health care programs. Activities included:

- School environment evaluation with the health patron
- School cleanliness evaluation
- Kitchen and food storage hygiene assessment
- Evaluation of health club progress
- Sensitization around the importance of the chimney project

Programs such as these are important to students and teachers. The buy-in from health care professionals provides incentives for the greater school community to take ownership of projects such as the environment and health clubs, and the school farm.

There has been tremendous success at the school farm, owing to the purchase of a dairy cow and an efficient irrigation system. In addition to buying surplus harvest from the school farm, community members now also have the opportunity to learn about vegetable growing. The Salabwek school farm is being used as a model for other schools in the Narok South District. Each month, the school farm provides practical skills-based training to over 200 community members on effective farming techniques. Some topics covered include identifying different varieties of local vegetables, farm management as well as crop rotation.

Implemented last August, the chimney projects have already seen much success. This project is the 8<sup>th</sup> habit of a healthy home<sup>8</sup>. In addition to curbing respiratory infections from smoke inhalation, and greatly reducing risk of fire-related accidents, Salabwek’s chimneys are being used as a model to introduce chimneys in other communities. More and more, community members are opting for chimneys in their homes. As a result of continuous construction, a demonstration on the benefits of the chimney was held in Salabwek. To date, a number of new chimneys have been constructed in Salabwek.

The demonstration garden that the Salabwek school environmental club has planted on school grounds is comprised of a vegetable nursery bed growing spinach and kale. The garden supports the school’s nutrition program which ensures that all students are given a healthy and filling lunch so they can focus on learning. The garden also serves as a practical learning experience for Salabwek community members. After learning best agricultural practices and farming techniques, the community replicates what they see in the demonstration garden on their own land and gardens, ensuring they too are getting the nutrition they need.

In addition, Salabwek’s mamas are working together in their own gardens to use rain water effectively in their gardens and are focused on growing drought-resistant crops of vegetables like sweet potatoes, and short-term crops of beans and tomatoes among other vegetables.

Students at Salabwek are also able to get involved in health care programming, even if they are not part of the health clubs. A health contest was recently held with the hopes of enhancing students’ skills and knowledge of primary disease prevention. As a result of this contest, students now know the different ways diseases are contracted and what they can do to prevent them with locally available nutrients.

The importance of making health education and programming accessible to young people and their families cannot be understated. Communities have the capacity to practice disease prevention techniques and take efforts to educate others. Providing the knowledge and tools to do so decreases the burden on local health facilities and increases empowerment among community members.

## **ALTERNATIVE INCOME**

### **Objectives**

Increase base family income through sustainable and diversified income generating activities.

### **Impacts**

Number of alternative income beneficiaries	1600
Number of women’s groups formed	10
Number of training sessions/month	41
Average number of women attending each session/group	13
Number of groups in Phase 1	2
Number of groups in Phase 2	2

<sup>8</sup> The 8 habits of a healthy home continue to be adopted by families in Salabwek. Free The Children has made them a priority in programming to positively reinforce the education that children are learning in school. The members of the women’s groups are also assisting Free The Children in data collection to evaluate the 8 health indicators and also mobilizing the community to adopt the chimneys in particular.

Number of groups in Phase 3	6
Average yearly income before alternative income programming begun	1.1
Average yearly income after alternative income programming begun	1.2

Free The Children is pleased to report back on progress made in alternative income programs in Salabwek. In measuring the impact in the community, it is clear that the women and men of Salabwek are committed to supporting the growth and development of their families through economic opportunity projects. Since 2007, the number of households participating in activities designed to produce alternative income has risen to 33%<sup>9</sup>. Also, 9.5% of the community's income has been invested in savings methods and Salabwek has seen a 15% growth in household income over the course of 5 years. These numbers speak to the community's success and determination. Alternative income programming in Salabwek continues to flourish through collaborative and new economic opportunities.

The Kipsigis women groups from a number of Free The Children communities (Emori Joi, Enelera, Motony, Pimbini, and Salabwek) had an opportunity to visit the Oloosioyi Maasai women groups for a cultural exchange and learning. The group representatives were shown some of the alternative income activities being practiced by the Maasai women at both at individual and group level. They included but were not limited to an irrigation system for vegetables, dairy goat breeding, bee keeping, local poultry keeping and beading. The afternoon session covered leadership training, record keeping, enterprise selection by Free The Children team members and cultural exchanges. This visit was very successful in promoting cross-cultural exchange and harmony among women who are leaders in their community.

Village Savings and Loans Associations (VSLAs) address the financial needs of rural communities in the developing world. VSLAs are comprised of self-managed groups that work by pooling the savings of the group members. They provide people with a safe place to save their money, access small loans and contribute to a welfare fund that members can draw on at any time of the night or day in cases of emergency. The sums saved and borrowed are not large but are on a scale that makes a real difference to the lives of the group members. The loans taken out may be used to help start fledgling businesses or help families meet sudden cash needs. The interest paid on the loans is shared out amongst all the group members as interest on their savings.

In Salabwek, two groups are implementing a VSLA, namely Saunok and Good Shepherd. The former, a group of 16 members, shared all of their savings totaling 53,320 shillings, and over the course of the year has seen an interest rate of 17.9%, thus each share of 100 shillings has returned with 117 shillings after one year. The second group, Good Shepherd, has yet to start saving but is making great progress, however it won't be long before they are seeing similar success to Saunok.

Free The Children's alternative income program in Kenya has largely focused on empowering women with access to skills and resources to lift their families out of poverty. However, the organization started to talk to men in the communities and learned that they too were interested in engaging in similar initiatives. Although there have been instances where men have worked together on special farming projects, our new Village Savings and Loans Association is the first alternative income program of its kind that will reach men in all the Kenyan communities with which Free The Children works.

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<sup>9</sup> Women's groups are engaging in the following economic activities: irrigation system implementation, dairy goat breeding, bee keeping, local poultry keeping and beading.

As the project is still in its beginning stages, men are currently organizing themselves into small groups and receiving thorough training on the operation of the Village Savings and Loans program. The men's group has had 20 group workshops so far, and is well attended by all of its 15 members. The topics of these training workshops include financial bookkeeping, leadership, roles and responsibilities of members, farm budgeting, loan management skills, time management as a resource, and much more. These workshops are meant to provide community members with the knowledge and skills to make the most effective use of their loan.

Working with men's groups and women's groups separately is integral to promoting sustainable economic growth in small communities. Often times, development work does not address the root issues facing women and men. Progress made in alternative income programming for women and men can take time, but they impacts on the family system are widespread, and promote the empowerment and independence of women for years to come.

## **Cross-cutting Theme: Gender Equality**

### **Objective**

Increase empowerment and independence of women.

Critical to breaking the cycle of poverty is the active inclusion of girls and boys in education. In Kenya, girls are more likely to be kept out of school to do chores (such as water collection), and if a family has money to send only some of its children to school, they are more likely to send the boys. Because of this, enrollment and retention of female students was made a priority. Measures included:

- Appropriate sanitary facilities
- Location of water kiosks at school
- Educational programming on the importance of education for girls
- Education stakeholder meetings to promote women's visibility and voice in decision-making

Because of these action items, women are becoming a more prominent presence in society, whereby they are organizing and chairing meetings, piloting VSLA groups and earning an income for the very first time. These positive steps are part of a growing momentum in Narok South District.

To respond to this growing momentum in Kenya, the Kisaruni all-girls secondary school was built. Girls from Free The Children supported communities will have the opportunity to attend a beautiful and safe school, built only for them. They are becoming part of a new generation of Kenyan women, who will take ownership over the growth of their communities. With support from Free The Children, and of women from neighboring communities, they will continue to increase their sense of empowerment and independence.

## **CONCLUSION**

As shown throughout this report, Salabwek has become a model community in the Narok South District in Kenya. Projects will continue to be implemented through 2012 to support the infrastructure that was made possible with support from SVQF, but it was that initial investment made in Salabwek and the trust placed in Free The Children that has put community members in a strong position to realize their rights, work together and lift themselves out of poverty.