

Progress Report
Adopt a Village – Salabwek
Submitted To:
SVQF
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TABLE OF CONTENTS

INTRODUCTION1

EXECUTIVE SUMMARY1

MAP OF SALABWEK AND NAROK SOUTH DISTRICT.....2

EDUCATION3

 OBJECTIVE3

 IMPACTS.....3

CLEAN WATER AND SANITATION5

 OBJECTIVE5

 IMPACTS.....5

HEALTH.....6

 OBJECTIVE6

 IMPACTS.....6

ALTERNATIVE INCOME AND LIVELIHOOD.....7

 OBJECTIVE7

 IMPACTS.....7

AGRICULTURE AND FOOD SECURITY8

 OBJECTIVE8

 IMPACTS.....9

CROSS-CUTTING THEME: GENDER EQUALITY10

 OBJECTIVE10

 IMPACTS.....10

CONCLUSION10

Introduction

Free The Children is excited to report back on the progress and growth in the community of Salabwek. Having worked in Salabwek since 2007, Free The Children has now fully implemented all five pillars of Adopt a Village and has watched them flourish. Salabwek continues to function as a model community within the Narok South District, continuing to thrive and implement sustainable solutions. Much of its success is attributable to the support of donors such as SVQF, who provide communities like Salabwek the opportunity to break away from the cycle of poverty. SVQF's contributions continue to resonate in Salabwek through its holistic and sustainable approach.

Executive Summary

Program	Adopt a Village
Country	Kenya
Program Objectives	<ul style="list-style-type: none"> • Provide access to quality primary education • Provide access to clean and safe water for all community members • Provide access to standard health care facilities and medical resources • Improve food availability outcomes and lower disease incidence significantly • Increase base family income through sustainable and diversified income generating activities • Increase empowerment and independence of women
Sectors of Focus	Education, Clean Water and Sanitation, Health, Alternative Income and Livelihood
Operational Area	Salabwek, Narok South District, Kenya
Program Period	November 2006 – March 2010
Funding Partner	Sanam Vaziri Quraishi Foundation (SVQF)
Total Budget	\$272,300
Number of Beneficiaries	5,200 ¹
Free The Children Contact	Alison Herr, Program Manager

¹ The total population has remained the same in Salabwek since implementation began in 2007. This number is based on conversations with local chiefs and local officials and is not based on an official census.

Map of Salabwek and Narok South District



Education

Objective

Increase access to quality primary education.

Impacts

Project Indicator	Impact
Number of students enrolled and regularly attending school	759
Number of boys enrolled	411
Number of girls enrolled	348
Total number of classrooms needed to accommodate the students	20 ²
Number of classrooms built	19
Number of rooms currently under construction	2 ³
Number of students graduating annually	44
Number of female graduates	19
Number of male graduates	25
Teachers participating in School Pride Program	20
Total teacher training sessions held	4
Number of external stakeholder meetings	11

Salabwek has seen substantial growth in both the quality and accessibility of education over the years. The community's success is a testament to hard work and the strong partnerships that have been forged between Free The Children, Salabwek community members and SVQF. Eight of the 20 soon-to-be completed classrooms were made possible through the support and generosity of SVQF.



The community stands as a model and success story, showcasing the power of the Adopt a Village development model. Soon, all construction in the community will be complete, providing a long-term solution to Salabwek's education system. The stone wall on classroom #20 has been completed to the ring beam level with only some roofing left to complete. In addition to the excitement surrounding the completion of the last classroom, much progress has also been made on the construction of the Salabwek school library. The wall for the foundation has been completed and concrete slabs are to be constructed next.

² Originally, Salabwek School had functioned as a "feeder school," a community school that absorbs extra students from neighbouring communities. The first estimated number of classrooms needed to accommodate students had been projected at 25. However, neighbouring communities have since established their own schools and as a result, Salabwek's need has been reassessed to 20.

³ One classroom and one library are currently under construction in Salabwek.

In addition to school construction projects, Salabwek continues to strengthen and improve the quality of education administered through the continuous implementation of educational programming projects. In partnership with Free The Children, such projects will continue to help ensure the sustainability and longevity of the community's success. For instance, during the month of December, a Free The Children Educational Coordinator visited Salabwek to meet with teachers and grade 8 students. The trip was comprised of motivational talks with the students about their final examinations and the rewards associated with working hard and studying. The Educational Coordinator also met with teachers to discuss the importance of monitoring young students, starting in grade 1 specifically, to properly gauge and track their success.

A council meeting has been held with many school teachers in Kenya who are responsible for administering examinations. Teachers from Salabwek attended the meeting, sharing their knowledge, best practices and advice with their colleagues and peers. The meeting yielded positive results, with the objective of discussing methods and techniques to further strengthen overall performance in their schools. Teachers also compared zoned and divisional examination test results and agreed to continue sharing grades as a way to improve scores and strengthen cooperation. Before the meeting was adjourned, participants elected a committee comprised of a chairperson, treasurer and secretary to oversee all issues relating to examination performance. Council meetings will continue to convene every term with the objective of strengthening the quality of education and thus ensuring its sustainability.

As mentioned, the grade 8 students in Salabwek partook in their examinations in December. These examinations determine the future course students take in their educational careers. Students were excited about taking their Kenya Certificate of Primary Examinations (K.C.P.E). They celebrated their accomplishments and their hard work by attending a celebration party hosted by the teachers. Parents were also invited and were part of the celebration. This past school year saw much success with 44 (19 girls and 25 boys) grade 8 students sitting in for the KCPEs. This year was especially monumental, as Salabwek saw the most number of grade 8 graduates in 3 years.

The successes of Salabwek continue to grow on a daily basis. The strong partnership between Free The Children and the community provides a base for implementing strong and sustainable solutions. Donors like SVQF enable Free The Children to form strong partnerships with communities and help facilitate the growth seen in Salabwek's educational system.

Clean Water and Sanitation

Objective

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

Impacts

Project Indicator	Impact
Total number of latrines built ⁴	16 ⁵
Total number of wells built	1
Number of clean water kiosks	1
Number of households with boiling water ⁶	326 ⁷
Number of households with hand washing stations	125
Number of household with water catchment systems	75
Number of WASH ⁸ lessons held with students	6

With all water construction projects having been completed in the community, the focus has now turned toward ensuring longevity and sustainability of the water solutions and of the projects already implemented. For instance, the community continues to ensure that their water systems remain in good working order, performing maintenance and repairs when needed. The water management team continues to ensure that all water points are in good working order with the guidance of the Water Coordinator. In addition to performing regular maintenance checks, the team also holds meetings to stream line water record keeping for the generator and water usage.

Focus now also revolves around ensuring that there are continuous awareness building trainings on clean water and sanitation practices. Most of the water-borne illnesses that the community had been affected by have decreased drastically. The school also continues to follow safe food preparation and sanitation practices ensuring a safe and healthy environment for both students and teachers.

⁴ 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.

⁵ There are 8 structures with 16 access points in total. Hundreds of families also have their own household latrines.

⁶ A number of households are utilizing the rain catchment system in order to obtain water. In such instances, these households need to boil their water. Water from the community well, however, does not need to be boiled.

⁷ This number fluctuates based on the number of community members utilizing rain catchment systems versus the water well.

⁸ WASH lessons focus on educating students about proper water, sanitation and hygiene practices.

Health

Objective

Provide access to standard health care facilities and medical resources.

Impacts

Project Indicator	Impact
Number of health awareness days or workshops held for community	4
Number of health awareness days or workshops held for students	9
Number of students participating in school based environment programs	40
Number of students participating in school health club	40
Number of students dewormed	744
Number of female students dewormed	389
Number of male students dewormed	355

Awareness raising sessions and lessons on healthy habits and best practices continue to be a crucial element of the health pillar in Salabwek and at Salabwek Primary School. Students are taught about several health-related topics, including personal hygiene, puberty, first-aid, healthy habits of a home and infection control.

In addition to health education, Salabwek also provides deworming, health assessments and health demonstrations to students. Health demonstrations are developed and performed by student members of the school health club. They demonstrate proper hand washing techniques, bandaging and preventative mechanisms for avoiding cross contamination. All students and teachers are dewormed every three months. Deworming mitigates and removes the chances of contracting worms or parasitic infestations. Students are also encouraged to tell their parents about the benefits of deworming, who are offered the opportunity to bring their younger children to the Baraka Health Clinic to receive preventative care.

Fortunately, health education reaches far beyond the school walls. Women's groups in the community have been meeting to discuss various health topics and issues that will not only empower women in the community but will also give families within Salabwek more general information about healthy living practices. A social worker visited two of the women's groups in the community and disseminated information about the following topics:

- **Nutrition:** The social worker discussed the importance of establishing a kitchen garden and how it can act as a resource to the family. She discussed malnutrition and the negative effects and the consequences attributed to this health issue. She provided information and resources on preventing malnutrition, how to identify it and discussed ways to treat the condition. She also provided information on the services available at the Baraka Health Clinic. In addition, the social worker also taught the women about nutrient sources and balanced diets.

- STI Transmission & Prevention: General information was provided on identifying STIs and how one can prevent contracting and/or transmitting such infections/diseases.
- Children’s Health: General information was provided on children’s health services, antenatal services and delivery services available at the Baraka Health Clinic.
- Breastfeeding: Women were given information about the benefits of breastfeeding exclusively during an infant’s first six months. Discussions also included information on supplementary feeding and on techniques on how to transition an infant to solid foods.
- Immunization: The social worker discussed the importance of immunization and how it can prevent disease.
- Eight Health Indicators to a Healthy Home: The social worker provided training on the eight healthy habit indicators to a healthy home. She asked questions about the improvements made in the women’s homes and gave suggestions about how they can continue to make their homes safer and healthier. The eight health indicators include the use of a dish drying rack, a latrine and hand washing station, a bathroom (for bathing), a kitchen garden, a rubbish pit, hanging line (for drying clothes), the importance of boiling water and the construction and use of a smokeless chimney.
- First-Aid: The social worker spoke to the women’s groups about first aid and how to properly respond to emergency situations. Focus was given to the ways in which burns can be prevented with the installation of a chimney and how a burn can be properly treated. In response, 31 smokeless chimneys have been installed within the community.

Alternative Income and Livelihood

Objective

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

Impacts

Project Indicator	Impact
Number of active women's groups	10
Number of women’s group lessons held	62
Average number of women attending each lesson	15
Number of active men's groups	1
Number of men’s group lessons held	20
Average number of men attending each lesson	14
Number of active youth groups	2
Number of youth group lessons held	26
Average number of youth attending each lesson	15

Salabwek continues to make strides in expanding and developing both their incomes and livelihoods. Many community members continue to be active in groups and programs aimed at providing long-term and sustainable income solutions. Through Adopt a Village, and with the support of SVQF, community members continue to utilize Village Savings and Loan Associations (VSLAs) for their savings and financial needs. VSLAs in the Narok South District help empower women via micro financing opportunities which

reduce vulnerabilities and expand viable economic ventures through quality financial services. VSLAs help improve participants' cash management skills and provide an otherwise inaccessible opportunity to rural women and their families. The objective of VSLAs is to support and provide economically viable initiatives relating to livestock rearing and other income generating activities (IGAs).

VSLAs are an ingenious solution to the financial needs of rural communities in the developing world. It is comprised of self-managed groups that do not receive any external capital, but work by pooling together the savings of group members. It provides people with a safe place to save their money, access small loans and contribute to a welfare fund that is easily accessible in cases of emergency. Though seemingly small on scale, the sums saved and borrowed make a significant difference to group members. Interest paid on loans is dispersed amongst all group members as interest on their savings.

Free The Children supports new groups seeking VSLA opportunities, providing all new participants with modules and training programs to get them started.

Case Study: The Saunok VSLA Group

The Saunok VSLA group successfully utilized the opportunities available through the VSLA and were very triumphant in their results. Now in their second year, the group has moved into its second cycle of their VSLA program. Group members continue to meet on a biweekly basis, saving and seeking loans from one another.

Over the course of the year, the Saunok VSLA Group was able to save a total of 14,400 shillings. Additionally, the group also has a separate social fund totalling 1,940 shillings. This fund and sum of money is used for acquiring loans often used to meet costs associated with health, education and emergencies.

VSLA programs have not only provided economic security to the Saunok's group and their families, but has also educated them on financial literacy, improved their confidence and strengthened community pride and unity.

In addition to Salabwek's successful VSLA programs, the community also has many active women's groups, men's groups and youth groups that participate in various income generating activities and projects. The men's group, for instance, meets regularly to brainstorm ways to alleviate poverty in their community. They inform one another on the importance of education and have developed plans to plant trees in Salabwek. A couple of women's groups are also active in the community. A single women's group aims to support one another and are planning to begin a VSLA group. The community also has a very active youth group that saves 20 shillings every week and plants trees.

Agriculture and Food Security

Objective

Food availability outcomes improve and disease incidence significantly lowered.

Impacts

Project Indicator	Impact
Number of people who work in kitchen gardens	1120
Number of kitchen gardens planted	140
Number of people who benefit from kitchen gardens	5200
Total number of trees planted in kitchen gardens	950 ⁹
Average number of plant varieties planted in kitchen garden	8
Number of people who work in demonstration garden	40
Number of people who work in school farm	1
Average number of plant varieties planted in school farm	4

The community has made several strides towards breaking the cycle of poverty and one of their main successes has been their agricultural projects that provide sustainable food solutions. The school implements a school nutrition program which helps to increase attendance rates and to decrease dropouts. In Kenya the rainy season has become increasingly more difficult to predict, making dry seasons and droughts that much more demanding on families in Salabwek and across the nation. The promise of a meal at school is what can sometimes make the difference between a child dropping out for labour opportunities and a child continuing to further their education. With the support of Free The Children, Salabwek Primary School has been supplied with 25 bags of maize and seven bags of beans which help ensure that students are receiving the nutrients necessary to concentrate and perform well in their studies.

The community currently maintains and grows a very successful demonstration garden. Members of the school's environmental club manage and maintain the garden, both weeding and planting the crops. Cowpeas and sweet potatoes have been successfully harvested and used to supplement the school's nutrition program. After the harvest, passion fruit trees were planted which are now currently flowering and bearing fruit.



The community also has a school farm which is currently growing kale, onions and tomatoes. It is the responsibility of the School Management Community (SMC) to tend to the farm. They have recently harvested onions and tomatoes, selling the produce to community members, and using the funds to support the school's nutrition program. The school farm also doubles as a community learning center that provides community members a space to develop their gardening and agricultural skills.

Members of the environmental club, along with their head teacher and members of the Free The Children staff participated in a two-day field trip. Students visited the Maasai Mara where they learnt about environmental issues such as vegetation, soil and water. Students were also taught about the different ecological systems in the Mara and about the importance of conserving wildlife.

⁹ This is the cumulative number of trees planted in total.

Cross-Cutting Theme: Gender Equality

Objective

Increase empowerment and independence of women and girls.

Impacts

Project Indicator	Impact
Number of girls registered and enrolled in school	348
Number of girls regularly attending school	343
Number of female teachers	6
Percentage of female teachers	30%
Number of latrine blocks constructed	16
Number of active women's groups	10
Average daily income percentage increase for members of women's groups	214% income increase



The Adopt a Village development model works in tandem with the belief that gender equality must be attained within a community in order for development to be considered a success and remain sustainable. Fortunately, Salabwek has seen tremendous development in regards to the inclusion of women and girls.

More than 98% of the girls enrolled in school attend on a regular basis. This finding not only suggests that the community values the importance of a girl's education, but that the development pillars implemented within

the community are effectively supporting the girl child to reach her fullest potential. For example, clean water and sanitation projects have ensured that latrines are accessible to girl children, providing them with the adequate space necessary to feel comfortable at school and to continue to attend on a regular basis. Additionally, with a third of the teachers' population consisting of females, the girl child benefits from strong female role models in her community. And the success of the community's women's groups continues to strengthen Salabwek's belief in the importance of girls' education and gender equality.

Conclusion

Since work began in Salabwek in 2007, the community has seen a substantial amount of development and growth. With the support of SVQF, Salabwek and Free The Children have worked together to find sustainable solutions that continue to strengthen their community. With its excellent education system, strong clean water infrastructure, fruitful income-generating enterprises and community pride, Salabwek is a great example of the success that can come from the Adopt a Village model. Breaking the cycle of poverty, Salabwek illustrates the ways in which a community can reach its fullest potential.