



VICTORIA FRIENDLY MONTESSORI

ANNUAL REPORT 2021



VISION

Working towards a society in which all children are able to leave a dignify existence with equal and just access to future.

MISSION

Happy children center endeavor to improve the situations of orphans and vulnerable children, by providing care, protections and guide the reintegration process into the society and address the factors leading to the situation.

CORE VALUES

As VFM family we are bonded by the following principles/values:

- **Accountability** – at VFM we are accountable to all our stakeholders, we believe that any resource given to us is a self-sacrifice by the donor
- **Stewardship** – children to us are innocent and gifts from God, we therefore feel proud as we serve them and their families.
- **Transparency** – it is also our belief that many negative questions from stakeholders are sign of mistrust and suspicion, we therefore do our business in a way that all our stakeholders understand.
- **Partners** – “*we can do more together than we can on our own*” this is our motto that in partnership we can do much. We therefore value partners and partnerships.
- **Voluntarism** – it is in our hearts that what we do can only be paid by God but can be appreciated by man.

PHILOSOPHY

VFM add days to the lives of children whose parents either died as a result of the effects of TB, HIV/AIDS, Malaria and other life threatening illnesses that are common among the fishing communities, due to their migratory nature and high poverty levels.

VFM has remained and stood as a spring of hope to this hopeless children. Many of them have remained deprived, excluded, discriminated and vulnerable to good health, education, food, clothing and other child wellbeing facilities hence widening the gap between the rich and the poor.

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Acknowledgement

We can't let it go without say that the robust team at VFM has been an asset to the program. We thank all staffs for their commitments and competence in service delivery. Your smooth and lovely entry to the community is appreciated.

Leadership is a key factor in the success of any other project, we thank the program director and all the management team that guided the implementation this far. Very many people were involved in various stages of the implementation of these activities.

We thank Rusinga community, opinion leaders, children and families for their support to the program, without you the projects would have not been viable, you received the services and supported our work, we cherish the strong partnership that we have built this far.

Teachers, improved performance in class was due to your sacrifices and we applaud you for sacrificing your time. Apart from being service men in the classrooms, you are parents and your parenting skills is molding the future of the Rusinga community by imparting good values that builds strong foundations in childhood.

You came to work one hour earlier than the required time every day. You would have done very little if children were not punctual every day, we lift them up and appreciate as well the commitment of caregivers and parents who ensured children reported early to school.

In the villages were committed Community Health volunteers and social workers. We can't write all that you managed to achieve but acknowledge your work, the community gives positive feedbacks about all that VFM has achieved.

Without the financial and technical support from our donors, very little would have been achieved, we thank all donor partners for their timely financial support. The year was a blessing from various committed donor foundations. We thank Harrie for the support he gives to this noble program.

We acknowledge the support we were given by Imani Foundation, apart from the financial support, our internal systems are growing daily.

VFM acknowledge with profound gratitude the material, financial or technical support from all donor partners. TALUD, Stitching FEMI, Stitching IMANI, SCHONDERWOLF Foundation, Wilde Ganzen and KOORNZAAYER foundations. All the achievements in this report is pegged on such support.

VFM remained focused on the target, visits by various partners to Rusinga and the feedbacks they shared after the visits was of value to us both individually and as a team.

Lastly we acknowledge everyone who reached to us. May you all receive blessings and strength as you go into the next year 2022

Editorials

PROGRAM DIRECTOR

PROGRAM MANAGER

Introduction

VFM still implies the integrated approach to execute the six pillar projects on Education as the mother and the link to others, Economic empowerment, Health and nutrition, Food security & Agriculture, WASH and Social services to improve livelihood of the community with the major focus on children directly and through their caregivers indirectly and the community at large.

Social workers in partnership with Community Health Volunteers (CHVs) ensures that the activities are implemented in the 17 targeted villages that are submerged into five clusters; Gumba, Nyangera, Lwanda, Waembe and Sienga respectively.

Community members are involved in the planning and implementations of these activities, normally VFM conducts a quarterly community dialogue day where all community members are called on board to share their opinions and give their views on how best to ensure the implementation of the projects. The program staffs also get feedbacks to improve the activity implementation.

VFM through social workers and CHVS therefore uses an integrated approach to implement these projects in the various clusters and the findings as highlighted and shown in tables and photos in this annual report that highlights the achievements recorded in 2021.

The Approach

VFM and her activities would have been so expensive if each project would have been disintegrated and implemented as one. We would have required more human resource to achieve the desired outcomes.

To realize the cost effectiveness of these activities, VFM integrates activities in to one and created opportunity for a beneficiary to have a full basket of all our products at one particular household meeting or organized community meeting. In one particular household a social worker and community health volunteers ensure the family is modelled and everyone who is involved is participating. The household for example must have access to food, clean water, children go to school, family health, and proper waste management, involvement in social groups and participation in education and community meetings. The approach does not encourage handouts.

Clustering

At least a Social worker and a community health volunteer (CHV) is directly attached to a cluster to take up the responsibility of ensuring that all program activities are integrated and the community reached with the information. The seventeen villages are clustered into five as mentioned above. The CHVs are actively engaged in the advocacy mission. They are community members and so they are as well role models. They participate in the community resilience.

The Report

VFM have recorded a number of activities that were geared towards improving livelihood of children and their families. Children are always our primary target as all our activities are geared towards enhancing their wellbeing.

The report includes achievements that were recorded as a result of partnerships that were initiated by VFM. The work VFM did was a collective responsibility of different persons including the local organizations and the community at large.

It is laid out in chapters that gives the review of all planned activities in the specific focused strategic area. Tables and images that are taken during the activity implementation by field staffs are used.

The targets have been pre-set and more achievement is reported in narration.

Population

VFM project area of the combined Kamasengre West & East sub locations have a population of **8,725** (Male - 4,228 & Female - 4,497); no. of households – **2,197** and land area – 11.4 sq. km (1140ha). (Average household size – 4)

Table 1 Population

Indicators	Kamasengre East	Kamasengre West	Total
Total Population	3,256	5,469	8,725
Number of Households	764	1,401	2,165
Number of villages	8	9	17
Number of CHVs	9	11	20
Public Primary Schools	3	3	6
Private Schools	4	5	9
Private/ Public Secondary Schools	1	2	3
Number of fish landing beaches	4	4	8
Number of Social Groups	18	35	53

1.0 EDUCATION

Main objective. *To improve equitable access to quality education: interventions aim to make at helping every child under our care to achieve the highest educational standards that he or she possibly can.*

Table 2 School Activities

ACTIVITY	TARGET												
		Q1	ACHIEVED	% ACHIEVED	Q2	ACHIEVED	% ACHIEVED	Q3	ACHIEVED	% ACHIEVED	Q4	ACHIEVED	%ACHIEVED
Activity 1.1 Sensitization on safety measures in schools	20 sessions to 900 children	225	300	133%	600	300	50%	300	150	50%	150	150	100%
Activity 1.2 Continuous Follow ups on children performance in schools	300 children quarterly	300	300	100%	300	300	100%	300	300	100%	300	300	100%
Activity 1.3 Formation of environmental and health talk clubs in schools	5 clubs of 15 children in schools per cluster	5	1	20%	4	2	50%	2	1	50%	1	1	100%
Activity 1.4 Identification of needy children are provided with school uniforms	150 children in the five clusters				100	85	85%	50	30	60%	35	35	100%
Activity 1.5 Identification and early enrolment of 30 children in VFM schools		30	30	100%	0	0	0	0	0	0%	0	0	0%
Activity 1.6 Identification of needy children to be supported	20 needy children across the five clusters	20	0	0%	20	10	50%	10	5	50%	5	5	100%
Activity 1.7 Feeding program in VFM	300 children	300	300	100%	300	300	100%	300	300	100%	300	300	100%

Sensitization on safety measures in schools

Objective: To ensure that children in schools are sensitized on safety measures to enhance quality and inclusive education among the children.

Keeping schools safe allows children to look forward to being in an encouraging environment that promotes social and creative learning. When their basic safety needs aren't met, children are at risk for not feeling comfortable at school and may stop showing up, or they may remain on edge throughout the day.

A safe and secure environment is essential for effective teaching and learning. Thus ensuring safety of children, teachers and staff members during disasters is necessary. Among all public facilities, children in schools are the most vulnerable during disasters.

Sensitization on school safety measures was done to schools in Kamasengre East and West. With collaboration with the schools, the VFM social workers and the Community Health Volunteers (CHVs) organized with the school management committee on safety and security to have 20 sessions that was spread throughout the 3 school terms. The target was to sensitize 900 children in all the public and private schools with the VFM catchment area.

Follow ups on children performance in schools

Objective: To monitor school going children performance progress in school in Kamasengre West and East. There are 15 schools within VFM catchment area, 6 public primary schools and 9 private primary schools.

This activity targeted only children in VFM school. The targeted number was 300 children annually. This is a collective responsibility for school administration, teachers, parents, pupils, social workers and CHVs.

This was done by all the stakeholders in forums like teachers-parents meetings that were being held in the school to discuss the pupils' performance. There were also meetings with parents who were elected to be class representatives. During these meetings the parents appreciated the improvement noticed in their children's performance. They resolved to support the pupils by buying them supplementary text books and each pupil was to bring a ream of photocopying paper so that teachers could increase the frequency of testing and revision.

Follow ups were done and there were findings that parents parental inputs such as coming to school to discuss the education progress of their children, interests in the education of their children were some of the inputs considered as parental involvement. In addition, the parental background influenced their involvement in the education of their children. For instance, parental level of education was a determinant of their involvement in their children's education.

Parents who were involved in their children's education encouraged their children to work hard, supported and supervised their children's education. Based on the findings, it was recommended that parents should be encouraged to participate fully in their children's education as it was a determinant in the performance of their children at school.

It was also recommended that the school administration should educate the parents on the need of being fully involved in their children education so that they could speak in one voice with the school administration. The school administration should involve parents in decision making process on the school matters so that both the parents and the school administration can take up responsibility over the children.

Formation of environmental and health talk clubs in schools

Objective: To enhance health and environmental awareness in schools.

Formation of Agricultural clubs (young farmers' groups). This was done to keep the pupils busy especially during the long holiday. The pupils were to be involved in participating in Agricultural activities in the school compound whereby each group was assigned a plot and they planted vegetables as a group. The VFM pupils also help in planting 500 trees in Living Hope SDA compound and Eddy Memorial School.

Identification of needy children to be supported with school uniforms

Identification of needy children within the VFM catchment area was done collectively with the social workers and the CHVs. A total of **115** needy children were identified. They were provided with school uniforms.

School Feeding Program

School enrollment and retention was one successful achievement ever recorded in the year 2021. VFM together with a partner Kageno facilitated feeding activity that benefitted over 2400 children from 8 primary schools.

At VFM, 298 children got food that was well prepared food that meets all the nutritional requirement. Children got two meals every day, good breakfast and good lunch was the reason for 100% retention. Children through the guidance of the program nurse made their menu that suits their taste. Food material prices went up and the supply went low as a result of climate change that contributed to the unpredictable rain fall.

The impact created through the feeding program is enormous. There is improvement in their health, children are growing physically strong and this is evident when they play. Medical requirement for VFM static clinic reduced due to improved nutrition realized through a feeding.

New enrollment

In the year 2022, the first group that got enrolled in the year 2014 are graduating from grade 8 and possibly all will transition to secondary school. Normally the school has to identify for growth children to enroll in the early child development and education. 30 new children are enrolled

2.0 HOUSEHOLD ECONOMIC STRENGTHENING

Household Economic Strengthening (HES) programs improve the economic capacity of households (HH) to provide for needy families (increased income, savings and access to credit). It involves a range of strategies to increase the capacity of vulnerable households to address their own basic needs and access essential economic strengthening activities.

Project objective: Improved socio- economic status of the community for sustainability. Sustainable livelihood: the overall objective of this is to promote participation of children, youth and adults in initiatives for adequate food and household income, Specifically the program aims to support communities increase farm production through adoption of good agricultural practices; sensitize and support community initiatives on soil conservation and agro-forestry; strengthen the capacity of communities to seek technical support and devolved funds from the government; strengthen the capacity of farmers to engage in market led production and value addition; and promote access to community based savings and lending opportunities.

Table 3 HES Activities

ACTIVITY	TARGET	Q1	ACHIEVED	% ACHIEVED	Q2	ACHIEVED	% ACHIEVED	Q3	ACHIEVED	% ACHIEVED	Q4	ACHIEVED	%ACHIEVED
Activity 2.1 Formation and strengthening of 60 SILC groups in the community	SILC groups	10	14	140%	46	46	100%	0	0	0%	0	0	0%
Activity 2.2 Conducting dialogue meetings	16 dialogue meetings	1	1	100%	15	6	40%	9	4	44%	5	5	100%
Activity 2.3 Trainings in various skills	834 single mothers and 75 youths	25	25	100%	884	616	70%	223	150	67%	118	100	85%
Activity 2.4 Linking men and women to money lending institutions and other available resources	225 people	225	0	0%	225	117	52%	108	75	69%	33	33	100%
Activity 2.5 Poultry project	20 poultry projects in five clusters	5	5	100%	15	5	33%	10	5	50%	5	5	100%
Activity 2.6 Horticulture practice	20 individual farmers	5	5	100%	15	5	33%	10	5	50%	5	5	100%

Formation 19 new and strengthening of 41 SILC groups in the community

The target was to form 19 new SILC groups and to strengthened the 41 existing ones in the community. A total of 14 new SILC groups were formed which was 73.68%. Two SILC groups disintegrated and the total number of active SILC groups by the end of 2021 were 53.

Savings and internal loaning communities (SILC)

Objective: The main objective of the SILC programme is to enable the economically active poor, especially women to develop their own reliable financial services and to support community self-reliance and resilience.

Access to financial institutions is usually limited or nonexistent for the poorest of the poor. For rural populations, the distance to the closest commercial bank, credit union or microfinance institution (MFI) is often too far and transport costs are too expensive for making use of banking services. Moreover, the minimum savings required to open a bank account are usually high while the bank charges to open an account or apply for a loan are often prohibitive for poor households. In contrast, Savings and Internal Lending Communities – SILC – are filling that gap as the amounts handled are affordable, easier to manage and within reach of the poor.

This is an initiative where group of women not less than 15 in number, comes together and agrees to save and loan each other money i.e. local banking amongst women with common interest and in return, pays back the loan with an interest within a period of time within 3 months as agreed by the group members. They then will share out the money after a period of one year as also agreed by members.

Membership

SILC groups consist of self-selected individuals. Members select each other based on characteristics of trustworthiness, honesty, reliability, and punctuality. It is also important within the membership that participants are seen as hard working, of good standing within the community, and that they demonstrate the ability to save. Therefore, members tend to select participants that have a similar social status. SILC groups are made up of as few as 15 and as many as 25 individuals.

Members normally live in the same community and are encouraged to self-select into groups with other members that they know and trust and in many cases come from a similar background. Loans are paid back with interest, which, together with fines and fees, allows the internal fund to grow.

Contributions

Most groups also opt to contribute to a social fund that can be used for small grants during emergencies. At the end of a predetermined period, all or part of the total internal fund (savings, interest earnings, investment profits, and fines) returns to all the group members. Members receive a significant sum of money at this time, providing a considerable return on their savings. Unlike financial institutions where the interest remains within the institution, SILC members are able to keep and benefit from the interest generated during their savings cycle¹. Profits from internal fund mobilization are normally shared based on the total amount saved by each individual group member.

Member contributions and savings become a source of loan capital for other members of the group. When the amount of group savings is sufficient, any group member can borrow from the internal fund but must commit to repaying the loan with interest and in a timely manner. The dynamics of the group create an appropriate setting for the fund to grow.

SILC group members determine the minimum amounts they are willing to save on a weekly basis. This minimum amount is designed to ensure that the poorest member in the group can save reliably and regularly. In the same token, there are members of the group that have the capacity to save more than

the minimum requirement. In such cases, the group can decide on greater increments up to a certain or maximum level of savings permitted. This maximum amount or ceiling on saving contributions is designed to minimize inequalities in the group. Decisions on both the minimum and maximum saving amount are usually fixed for the entire cycle. However, there have been instances where group members have had to temporarily suspend saving to accommodate lean periods throughout the year. In doing so, members need not feel burdened in their ability to continue the regular pattern of savings. Regardless of this decision, however, outstanding loans must be repaid and meetings must continue to allow for the repayment and disbursement of loans as well as ongoing social fund contributions.

Benefits

A SILC group provides a venue for people to meet on a regular basis and discuss issues that affect their lives and the life of their community. Self-selection and the opportunity to share a common goal to improve their daily lives create strong social cohesion and a sense of belonging, which often empowers members to take charge of their lives and become actors of change in their community. They help each other in times of emergency and distress through mutual support and encouragement and are often willing to lend a helping hand to members in need and to the community at large.

Sharing out

This is done after 8-12 months. The members share out the total amount of shares, interest from the loans that the members paid back.

Table 4 SILC Summary

NO	Cluster Name	Existing strengthened SILC groups per cluster	Newly Formed SILC Groups Per cluster	Membership	Net worth
1.	Gumba/Ukowe	15	7	260	942,718.00
2.	Nyangera	06	2	120	540,940.00
3.	Lwanda	14	3	292	1,591,525.00
4.	Waembe	04	1	85	463,000.00
5.	Sienga	14	1	292	2,130,110.00
	TOTAL	53	14	1049	5,668,293.00

These groups are strengthened and have embraced the idea of saving as they continue to meet, save and also have interactive discussions on their challenges and encourage one another on the need and

importance of saving the little money they get from their sources of income to better their living standard.

Table 5 SILC Groups 2021

NO	GROUP	CLUSTER	MEMBERSHIP	NET WORTH 2021
1.	KAMASENGRE Y DEV. GROUP	LWANDA	25	98,640
2.	MOTHER IS GOLD	LWANDA	19	151,200
3.	PEK TO DHI	LWANDA	25	218,165
4.	AWENDO OK WE YIERE	LWANDA	24	165,310
5.	KONYANGO RABALA	LWANDA	23	112,680
6.	NYI KARACHUONYO	LWANDA	21	69,400
7.	RUSINGA WOMEN GROUP	LWANDA	25	128,120
8.	NYAGUSI DEV GROUP	LWANDA	17	94,400
9.	KATEK TO IOME ANGO	LWANDA	25	106,340
10.	INUKA SELF HELP GROUP	LWANDA	15	54,130
11.	INA SELF HELP GROUP	LWANDA	15	89,600
12.	KAGAN KOCHIA WELFARE	LWANDA	22	113,200
13.	MATENGA SELF HELP GROUP	LWANDA	17	92,180
14.	LWANDA PROGRESSIVE SHG	LWANDA	19	98,160
15.	UPENDO WOMEN GROUP	GUMBA	23	102,030
16.	UYA FISHING SHG	GUMBA	15	64,054
17.	DAK ACHANA SILC GROUP	GUMBA	18	83,100
18.	RESA SILC GROUP	GUMBA	15	50,000
19.	ORONGO SILC GROUP	GUMBA	20	235,100
20.	DWACH MON THOTH SILC GROUP	GUMBA	20	69,250
21.	GOLDEN RAYS SILC GROUPS	GUMBA	15	46,750
22.	THE SPIDER SILC GROUP	GUMBA	15	113,850
23.	UFIRA SHINNERS	GUMBA	25	64,054
24.	HILSTONE	GUMBA	17	54,230

25.	SUPER SUPPORT GROUP	GUMBA	18	10,060
26.	KEDO GI DHIER SUPPORT GROUP	GUMBA	15	9,800
27.	KWACH OGWARO SUPPORT GROUP	GUMBA	14	7,400
28.	UFIRA YOUNG WOMEN SILC GROUP	GUMBA	15	26,740
29.	YES WE CAN	GUMBA	15	6,300
30.	SIENDA SHG	WAEMBE	20	168,000
31.	MENYO WOMEN GROUP	WAEMBE	25	137,000
32.	KAWAKA SHG	WAEMBE	15	63,000
33.	YUGU SPECIAL WOMEN GROUP	WAEMBE	25	65,000
34.	NYANGERA KITCHEN GARDEN	NYANGERA	17	120,540
35.	KOWEA MWANGU	NYANGERA	25	154,000
36.	KAMASENGRE A	NYANGERA	23	186,000
37.	KAMASENGE B	NYANGERA	22	
38.	AMAZON YOUTH	NYANGERA	15	66,400
39.	ACHAYA RACH	NYANGERA	18	14,000
40.	NYANGOMA	SIENGA	25	125,100
41.	KIAHERA	SIENGA	18	237,330
42.	RIWRUOK E TEKO	SIENGA	23	101,360
43.	RONDO	SIENGA	17	296,600
44.	NYAMITA B	SIENGA	25	215,230
45.	SIENGA LADIES	SIENGA	25	235,400
46.	GOT	SIENGA	22	260,225
47.	LIGUMBA	SIENGA	20	95,850
48.	NYAMITA A	SIENGA	25	130,450
49.	KAMAYOGGE DEV	SIENGA	24	185,920
50.	MAPARA	SIENGA	21	20,700
51.	TUGNA	SIENGA	17	15,200

52.	MILLENNIUM 2	SIENGA	15	105,645
53.	MILIMANI	SIENGA	15	105,100
	TOTAL		1049	5,638,293.00

Due to COVID 19 pandemic there was a setback in group meetings because of the government measures in curbing the spread of corona virus. Since gatherings of many people were discouraged, only the groups officials were meeting to take records while the other members send their contributions and shares to their groups.

Poultry Project

Poultry farming is the form of animal husbandry which raises domesticated birds such as chickens, ducks, turkeys and geese to produce meat or eggs for food and for income generation. VFM is implementing this activity in the community as an economic empowerment activity.

Objective: To ensure that **20** individual farmers within Kamasengre East and West are empowered through poultry project.

The target was **20** poultry projects in 5 clusters annually with the ultimate goal of improving poultry production in the community. Poultry farming activities have really also increased. Currently, there are 20 individual farmers keeping between **30 – 50** birds and those keeping in large scale keeps between **100 to 500** birds per poultry units. Farmers had a challenge of getting poultry feeds due to increased cost of producing the feeds but this has been solved by VFM Feeds Processing Unit that suppliers' poultry feeds at a subsidized price.

At household level farmers practice poultry farming and they have been benefitting a result of advocacy by the VFM team on ensuring variety of food and income generating activities. **VFM** agricultural extension officer visiting poultry farmers and advising them on the necessary measures to take to ensure the best result. Emphasis was on ensuring the cleanliness of the poultry houses and their feeding equipment.

Through discussions they were enlightened on how they can boost their production through good poultry husbandry or practices i.e.

- Identification of different poultry parasites and how they can be controlled
- Poultry disease control through vaccination and general hygiene in the poultry housing
- Importance of poultry housing
- Benefits of poultry and especially their manure to improve soils fertility

Feeds Processing Units (FPU)

Feed Processing is the conversion of diverse raw agricultural feed ingredients into a single, homogenized form of feed, such as mash, pellet. The feeds are a mixture of whole maize, wheat bran, wheat pollard, sunflower, fishmeal and



lime.

VFM empowers one youth who showed interest in poultry feeds business. He is trained in entrepreneurial skills as one of the youths' beneficiary, came up with a business idea which was approved by VFM. He now owns the Ina FPU that supplies poultry farmers with feeds in Kamasengre community.

The raw materials used in making the feeds most of them apart from whole maize and fishmeal are bought from a factory already processed in Kisumu and brought for packaging after mixing with other raw materials milled.

The packaging ranges between 1kg to 50kg. most of the farmers buy in small quantity of 1kg and 2kg.

There are many advantages that can be attributed to the feed processing unit that includes but not limited to improved availability of nutrients, destruction on inhibitors and toxins, facilitation of the use of a wide range of raw materials in diet formulations, production of hygienic feed, and reduction of feed wastage. This has really improved the poultry production within Kamasengre community.

Horticulture practice

This is the practice of farming and growing vegetables in large quantity for sales and consumption. It has become a very effective alternative to the overcrowded fishing activities as a source of income to families Fieldwork was done to strengthen the productivity and marketing. By the influence of the agricultural expert and social workers, farmers managed to plant kales, tomatoes and onions in large quantity for sales.

Through VFM Agricultural extension officer the horticulture farmers were made to understand the importance of production in turns to maintain the market demands and to avoid unfair competition

amongst themselves. The routine follow ups were done farmers have embraced the farming techniques.

Horticultural farming has become a very effective alternative to the overcrowded fishing activities as a source of income to families and individuals have embraced this practice 20 individual farmers from the various clusters practices this.

By the influence of the agricultural expert and social workers, farmers managed to plant kales, tomatoes and onions in large quantity for sales and got good yields. They were made to understand the importance of production in turns to maintain the market demands and to avoid unfair competition amongst themselves.

Our frequent visit to the farms, in collaboration with the government’s agricultural extension officers has helped address some of the challenges to successful farming.

Mango project

The mango planting program is a new project that started in the month of May 2021. The social workers sensitize the community in their respective clusters to come to VFM to buy mangoes and plant in their kitchen gardens as a source of income. The table below shows the number of mango seedlings that have been sold VFM has taken lead in the establishment of fruit tree nursery at VFM, therefore mango and passion fruits had been selected among other fruits because they perfectly suit Rusinga ecological zone. The mango trees are also good in boosting the forest cover that is also aimed by other partners. Mangoes also have other benefits e.g. bridging gap in our diets and cash from the sale of the fruits.

VFM decided to give the seedlings at a subsidized price to farmers.

The mangoes and passion fruit planting program is a new project that started in the month of May 2021.

In collaboration with a partner SICAN the already planted mango seedlings are yet to be grafted. The grafting delayed because of the persistent drought and grafting could not be done as grafting requires a lot of watering to the seedlings before grafting is done.

The following table shows the number of mangoes given in 2021.

Table 6 Mango seedlings planted

CLUSTER NAME	NO OF SEEDLINGS PLANTED
Gumba/Ukowe	107
Lwanda	93
Nyangera	333
Waembe	133
Sienga	93
Others (outside project area)	52

TOTAL	811
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Loan repayment

VFM has engaged the groups that benefited from the Zero Kap loan and repayment plan put in place for 2021. VFM committed that a total of **KSHS 600,000** shall be paid in 2021 the first instalment of **KSHS 300,00** being at the end of May 2021 and the second instalment of **KSHS 300,000** to be repaid by the end of December 2021. This was successfully executed.

Table 7 Repayment plan 2021

GROUP	ARREARS	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	TOTAL	
Inuka Women Group	500,050.00	7,450.00	7,450.00	7,450.00	7,450.00	7,450.00	7,450.00	7,450.00	52,150.00	
Ina Self Help Group	70,000.00	5000.00	5,000.00	5000.00	5,000.00	5000.00	5,000.00	5000.00	35,000.00	
Rago Kotieno S.H.G	126,910.00	6,500.00	6,500.00	6,500.00	6,500.00	6,500.00	6,500.00	6,500.00	45,500.00	
Uya Fishing S.H.G	56,950.00	3,600.00	3,600.00	3,600.00	3,600.00	3,600.00	3,600.00	3,600.00	25,200.00	
Resa Women Group	82,620.00	4,600.00	4,600.00	4,600.00	4,600.00	4,600.00	4,600.00	4,600.00	32,200.00	
Ugina Kaboke S.H.G	58,050.00	2,800.00	2,800.00	2,800.00	2,800.00	2,800.00	2,800.00	2,800.00	19,600.00	
Victoria S.H.G	172,701.00	3,200.00	3,200.00	3,200.00	3,200.00	3,200.00	3,200.00	3,200.00	22,400.00	
Kawasiwa S.H.G	172,701.00	3,600.00	3,600.00	3,600.00	3,600.00	3,600.00	3,600.00	3,600.00	25,200.00	
Yes We Can S.H.G	172,701.00	No plans yet since the groups disintegrated and meetings have since failed								0.00
VFM IGA Activity	172,701.00	5,000.00	5,000.00	5,000.00	5,000.00	5,000.00	5,000.00	5,000.00	35,000.00	
SILC	293,500.00	0.00	0.00	0.00	0.00	0.00	0.00	293,500.00	293,500.00	
ASSETS									0.00	
Rent	Inuka Women Group	135,000.00	500.00	500.00	500.00	500.00	500.00	500.00	3,500.00	
	Ina Self Help Group	135,000.00	500.00	500.00	500.00	500.00	500.00	500.00	3,500.00	
Mill lease	Ina Self Help Group	150,000.00	1,500.00	1,500.00	1,500.00	1,500.00	1,500.00	1,500.00	10,500.00	
									603,250.00	

Conducting dialogue meetings

Objective: *To create forum for community participation and sharing.*

Community dialogue meetings are interactive participatory communication process of sharing information between the Rusinga community and VFM with the aim of reaching a common understanding and workable solutions to challenges being faced in the community. The target of this activity was to conduct **16** dialogue meetings in 2021. As planned all the **16** dialogue meetings were conducted.

Dialogue invites discovery It develops common values and allows community members to express their own interests. It expects that community members will grow in understanding and may decide to act together with common goals. In dialogue, community members can question and reevaluate their assumptions towards VFM program activities

The key outcomes of the dialogue meetings were:

- Forum was created for community participation
- Change in practices, knowledge, attitude and beliefs towards VFM activities
- Supportive/enabling environment for provision of quality VFM activities

3.0 COMMUNITY RESILIENCE

OBJECTIVE: the overall objective of this is to promote participation of children, youth and adults in initiatives for adequate food and household income. The program aims to support communities increase farm production through adoption of good agricultural practices; sensitize and support community initiatives on soil conservation and agro-forestry; strengthen the capacity of communities to seek technical support and devolved funds from the government; strengthen the capacity of farmers to engage in market led production and value addition; and promote access to community based savings and lending opportunities and to practice good sanitation and Hygiene to ensure Healthy environment. VFM Community resilience equally looks at the sustained ability of the Rusinga communities to withstand, adapt to, and recover from adversity.

Table 8 Community Resilience Activities

ACTIVITY	TARGET	Q 1	ACHIEVED	% ACHIEVED	Q 2	ACHIEVED	% ACHIEVED	Q 3	ACHIEVED	% ACHIEVED	Q 4	ACHIEVED	% ACHIEVED
Activity 3.1 Advocacy on safe water use to 2400 HH	2400 HH	600	504	84%	696	520	75%	776	776	100%	600	300	50%
Activity 3.2 Sensitization and marketing of VFM water kiosk TO 800 HH	800 HH	200	145	73%	255	180	71%	475	230	48%	245	334	136%
Activity 3.3 Hand washing demonstration in schools, groups and households	13 Schools	5	6	120%	7	2	29%	5	2	40%	3	3	100%
	41 groups	4	1	25%	12	7	55%	5	3	60%	15	15	100%
	2400 households	600	504	84%	676	588	87%	688	776	113%	512	300	59%
Activity 3.4 Advocacy on hygiene at household I level	750 Households	150	150	100%	600	180	30%	420	200	48%	220	245	111%
Activity 3.5 Advocacy on hygiene at school level	13 Schools	4	1	25%	12	7	58%	5	3	60%	2	2	100%
Activity 3.6 Provision of hygiene kits	50 Needy children			0%	50	30	60%	20	10	50%	10	10	100%

WASH (Water, Sanitations and Hygiene)

This is a collective term for Water Sanitation and Hygiene. All the three areas support and strengthen one another. Each sector is a dependent of the other, if one is missing the others cannot progress, for example without toilets water sources become contaminated and without clean water basic hygiene practices are not possible contributing to outbreak of diseases.

This improves prevention and control measures on diseases and illness. The community needs access to safe drinking water, adequate sanitation and hygiene practice.

Advocacy on Safe Water Use

Water has always been a problem; it is though accessible but not safe to use thus causing a lot of water borne diseases. It is therefore VFM desire to implement water, sanitation and hygiene activities (WASH) like safe water use, water promotion and advocacy.

Advocacy on safe water is very active and majority of families' within Litare beach take clean safe water from VFM water kiosk. The target was to reach **2400** households with the information about safe water use in Kamasengre community. In 2021 the target was to reach **800** households and a total of **889** households within the Litare beach and VFM neighboring households were reached with the information on safe water. This was **111.13%**. In the community **2100** households were reached with the information on safe water use. This was **87.5%** of the targeted households.

Universally, affordable and sustainable access to water is key to the Rusinga community. Water is a daily requirement to all households irrespective of their income levels. Rusinga is an island, this means that water is available.

Some families still walk more than 2 kilometers to fetch water from the lake. Its inaccessibility hinders the kitchen gardening activities that are promoted by VFM. VFM work on water focused on the ability for children and their families to access safe water.

VFM major on the quality of water and with high hopes to focus on the distances they walk to collect it. They said that "water is life" it was confirmed in the pandemic, water is everything that the community needed to ensure their increased safety from the outbreak of COVID and other water related diseases. Children played a vital role in ensuring that there was enough water in the households for all domestic water needs. The lake even though far from some households provided the major source of water, rain water harvesting was not very practical as Rusinga realized no rains in most of the months.

Sanitation

Sanitation refers to public health conditions related to clean drinking water and treatment and disposal of human excreta and sewage. Preventing human contact with feces is part of sanitation, as is hand washing with soap.

VFM is objective to ensure that families have access to use of pit latrines and proper waste management. VFM campaigns are focused on reducing open defecation by increasing latrine coverage. VFM empowers and facilitates households-led initiative to build, maintain and use latrines. Majority of the households use latrines except some few who lives in rocky places and loose soil which is quite expensive to maintain based on the low livelihood especially to most vulnerable. Latrine coverage has increased total of **33** new pit latrines were built in 2021

Personal water treatment, use of dish racks and general environmental clean-up. Community members have embraced the use of dish racks at household level and **539** households have dish racks.



Hygiene

This is ensured to reduce minor illnesses. More families have been sensitized especially now with this Corona virus outbreak. VFM through social workers have managed to conduct a door to door home visits to advocate and emphasize on measures put in place by both the government and health ministry to ensure proper hygiene.

VFM continues to promote and advocate for access to clean and safe water, open defecation free community and personal hygiene practices. Clean and safe water dispenser at VFM School continues to benefit the community as families from afar adopt water treatment practices. VFM also participate in environmental clean-up exercises as well as in community action days, always in partnership with the MOH and other stakeholders.

To ensure this is implemented, Social workers conduct home visits and one on one counseling to advocate for safety stay and ensure healthy environment. This improves prevention and control measures on diseases and illness. The community needs access to safe drinking water, adequate sanitation and hygiene practice.

Table 9 WASH Summary

No	Activity	Total
1.	Dish racks	539
2.	waste management pit	759
3.	new pit latrines	33
4.	cloth lines	1010
5.	mosquito nets	616
6.	Hand washing facility (households)	565
7.	Hand washing demonstrations (schools)	234
8.	Advocacy on clean water	889

Marketing and provision of VFM clean water

The target was to reach **800** households with the information about VFM clean water. In 2021 advocacy was done to **889** households which was **111.13%**. Advocacy was done to Beach Management Unit at Litare beach to inform them about the existence of VFM clean water and the need to use it. VFM sensitized the parents of VFM school during parents' meetings in the school on provision of VFM clean water. This included the household in the beach and the areas around the school water point/kiosk. A lot of emphasis was put in the beach since they are nearer to the kiosk and also because the water in the lake is polluted because of the bigger population in the beach cannot observe the required standards of cleanliness and their nature of disposing wastes.

Hand washing demonstrations and facilities

Handwashing helps prevent spread of infectious diseases. A number of infectious diseases can be spread from one person to another by contaminated hand

Hand washing has always been the best way to keep from getting sick. But with the coronavirus (COVID-19) outbreaks, hand washing matters more than ever. This activity was done to 13 schools, 53 social groups and 2400 households. Apart from the schools and social groups, hand washing demonstrations was done **2168** households. This was **90.33%** of the targeted households.

It was realized in the year 2021 that the attitude of the community about this activity changed and VFM program recorded an improved hand washing practice by the community. As one of the ways COVID 19 is prevented, the community increased efforts in continuous hand washing facilities and demonstrations that has realized hygiene.

Advocacy on hygiene at household level

Advocacy was done on the importance of Practicing WASH. This was done at household level. The target was reach 750 households in 2021. The community attitude towards WASH activities have changed positively and have embraced the idea of proper sanitation, use of clean water and hygiene at household level. **775** households were reached with the information being **103.33%** of the targeted households.

Advocacy on hygiene at school level

In the 13 schools within VFM catchment area advocacy was done. Handwashing advocacy often seek to increase public understanding of and support for the importance of handwashing with soap. This

has help put additional pressure on decision makers and can inspire members of the public to become agents of change in the community. This activity was done to 13 schools within VFM catchment area.

Provision of hygiene kits

The target was identifying 50 needy children to be supported with hygiene kits. The **50** needy children were identified and were supported with hygiene kits like sanitary pads for adolescent girls, pants for males in schools, washing and bathing soap and other personal effects.

Environment conservation

Environment is a shared resource, therefore there is need to conserve it to prevent transmission of diseases. Advocacy for creating a special day for cleaning Litare beach was done. It was agreed that every Friday cleaning is to be done before any business in the beach.

Cleaning of Litare Beach

VFM and other partners were involved in a beach cleaning exercise. This was done to make the beach clean and also pass information on the benefits of staying in a clean environment. The other partners were Wayando Echo friendly beach club and the Precious plastic organization. A meeting was done with the beach management unit chair on how to improve disposal of wastes in the beach. It was resolved that there would be weekly cleaning of the beach, landlords were to build more pit latrines to their tenants within the beach and were to market VFM clean water.

4.0 SOCIAL SERVICES

Greater access to social and counselling services: Interventions aims at Promoting inter/intrapersonal relationships by providing psychological counselling services and behavior change support to the children and youths in schools and out of school especially the orphans, expectants school girls and children whose rights have been violated. It extends to promoting rights of the elderly and the disabled members of the community. It is an obligation of VFM program that children in this community and their families access social services whenever they need it. The social workers make everyday efforts to ensure community members get these services. VFM offers these services to the community to promote their social wellbeing.

Table 10 Social Work Activities

ACTIVITY	TARGET	Q1	ACHIEVED	% ACHIEVED	Q2	ACHIEVED	% ACHIEVED	Q3	ACHIEVED	% ACHIEVED	Q4	ACHIEVED	%ACHIEVED
Activity 4.1 Refresher course to counselors	8 Social workers and 7 CHVs	15	0	0%	15	15	100%	0	0	0%	0	0	0%
Activity 4.2 Create awareness on HIV prevention and management to 2400 HH	2400 HH	600	554	92%	646	520	80%	726	776	107%	550	540	98%
Activity 4.3 Identification 24 various child abuse cases in kamasengre	24 Child abuse cases	6	2	33%	22	0	0%	0	0	0%	22	0	0%
Activity 4.4 General counselling to 300 children at VFM	300 children	300	300	100%	300	300	100%	300	300	100%	300	300	100%
Activity 4.5 15 Referrals on ANC, family planning, PNC, cancer screening,hts, tb respectfully	90 referrals	22	11	50%	79	43	54%	36	26	72%	10	60	600%
Activity 4.6 Strengthening of existing child protection desks; 6 public schools, 5 beaches and 2 chief camps	13 child protection desks	6	3	50%	10	5	50%	7	2	29%	3	3	100%
Activity 4.7 skillful parenting	475 parents	157	165	105%	310	128	41%	182	112	62%	70	32	46%
Activity 4.8 Identification, inclusion and linking 25 people living with disability to relevant institutions	25 PLWD	10	2	20%	23	13	57%	5	5	100%	5	5	100%
Activity 4.9 Training on child protection and life skill to 300 children in VFM	300	300	300	100%	300	300	100%	300	300	100%	300	300	100%

Activity 4.10 Provision of food basket and 12 birds to the elderly	50 elderly	10	0	0%	50	20	40%	30	20	67%	10	15	150%
Activity 4.11 Identification of 20 unwell elderly and making relevant referrals to health institutions	20 elderly	5	10	200%	5	3	60%	5	5	100%	2	0	0%
Activity 4.12 Identification and inclusion of single mothers through training	834	209	161	77%	673	475	71%	198	56	28%	142		0%
Activity 4.13 Training youth in respective skills	75	75	69	92%	75	69	92%	0	0	0%	0		0%

Home visits

A home visit is one of the essential parts of the community services because most of the people are found in a home. Home visits fulfils the needs of individual, family and community in general. This is conducted by the social workers and the CHVS at least 3 times in a week to follow up on the progress of the community members in terms of their livelihood and the impact of the projects that VFM rolls down in the community to their lives.

Below finds the summary of households visited in 2021.

Table 11 Households visited 2021

No	Clusters	Households visited
1	Gumba/Ukowe	122
2	Nyangera	115
3	Lwanda	108
4	Waembe	104
5	Sienga	105
	TOTAL	554

Child protection

Despite the continued efforts to ensure child protection/ rights is observed, Children in Rusinga west location still undergo the various abuses, however these cases have reduced based on the measures put in place including offering skillful parenting skills to the caregivers.

VFM recorded a number of activities that were geared towards improving livelihood of children and their families. Children are always the primary target as all VFM activities are geared towards enhancing their wellbeing. Over and over again children have been abused and child protection has been VFM desire. VFM exist to ensure that children are protected and their needs provided for regardless of their status. Advocacy and training to caregivers is worth.

The social workers continued with the home visits to the elderly people. From the visit it was realized that the mosquito nets they were using were old and were not serving the purpose. The area community health volunteers were informed and they made arrangements of how the three will get the mosquito nets once the government starts the distribution of nets. The distribution of mosquito nets was done in

the month of May and the community benefited from the mosquito nets provided by the Ministry of Health.

Child Abuse

The community through the social workers have been sensitized on how to take care of their children and protected them against maltreatment. All school age going children are made sure that they are enrolled in schools, however, so many children are still going through different forms of abuse and the most common one being child neglect and child labor. The fisherman goes in search of fish and leaves children with the mother, when the mother feels the burden of providing for the family, she also walk out to follow her husband, she leaves children with the neighbor and most of the time children are left alone with no food to eat. Thanks to VFM staffs who support 16 such children.

Sexual abuse has drastically reduced even though 1 case was reported through the child desk; a 16-year-old girl of form two at Ogola Jaseme Secondary school considered as a minor, was defiled by stranger who got arrested and is in police custody. This was as reported at a child desk in Sienga beach.

Referrals on ANC, family planning, PNC, cancer screening, HTS, TB respectfully

Through community medical health outreaches done by VFM health program many health activities done have helped improve primary health care services to the less fortunate members within Rusinga community. During outreaches VFM reach different categories of people with different health services that include but to limited to Antenatal and Post-natal services, Family Planning, Cancer screening, treatment, immunization and HIV counseling. For services that VFM could not handle in 2021, there were a total of **60** referrals done to various health facilities.

Strengthening of existing child protection desks

Objective: To strengthen the existing child protection desks in 6 public schools, 5 beaches and 2 chiefs' camps with VFM catchment areas. This was to be done to reduce child abuse cases.

Child Protection protects children and young people from harm caused by abuse or neglect within the family. Community-based family support services may be able to help families having difficulties. A report to Child Protection needs to occur when the risk to children is significant. This was the reason why VFM created child protection desks. Children worldwide suffer insidious forms of violence, exploitation and abuse. Violence against children knows no boundaries.

A total of 13 child protection desks were strengthened in 2021 and follow ups done to the 6 public schools that included Kamasengre Primary School, Uya Primary School, Eddy Memorial, Dr. Williams Primary School, Kamayoge Primary School and Wamwanga Primary School. The 5 beaches included Litare Beach, Kolunga Beach, Uta Beach, Sienga Beach and Ukowe Beach. The chief camps were Kamasengre East Assistant Chief camp and Kamasengre West Assistant Chief's camp.

Through the follows ups done it was realized that there was increased awareness and case reporting in the desk. In 2021, 2 cases were reported one was on child trafficking another on early marriage. All the cases are with the local administration and the police and all the necessary documents properly done.

Skillful Parenting/Families Matter!

Parenting is a very complicated process for nurturing the well-being of children. With the availability of various platforms where children get information, children are not able to verify information if parents are absent and are not taking their parenting roles

Skillful parenting is a parenting and family support program designed by VFM together with the community to improve the well-being of children and their families. It aims to promote positive parenting practices and family relationships with the goal of preventing violence against children and child labor while promoting children's positive development.



This approach equips parents and caregivers with right knowledge tools and skills to care for, respond to, and manage the needs of young children. Parenting is a very complicated process for nurturing the well-being of children. With the availability of various platforms where children get information, children are not able to verify information if parents are absent and are not taking their parenting roles.

VFM have continued to offer support to parents by having sessions with them about child- parent communication and how to take their time and resources in upbringing their children in a good upright way.

VFM provides support to parents through sessions that increase their self-efficacy on matters of sexual communication to children. In the past girls only got sexual education from their grandparents. Today this role has changed and no one was willing to support children. Children very early sexual debut thus high chances of sexually transmitted diseases including HIV/AIDS.

Since this program was rolled out, parent- child communication improved and trust between children and parents improved. This year 2021 a total of **475** parents were trained including a booster session, a six session training was offered and follow ups were made to parents who trained previously.

Identification, inclusion and linking people living with disability to relevant institutions

Objective: To ensure that people living with disability lives a dignified life in the society by identifying, inclusion and linking 25 people living with disability to relevant institutions.

People with disability encounter a range of barriers when they attempt to access health care including: attitudinal barriers, physical barrier, communication barrier and financial barriers. VFM have tried to curb these conditions by identifying these people, including them in their services and linking them to relevant institutions and making follow ups to check their progress.

25 children living with disabilities were identified, taken through counselling and linked to relevant institutions where necessary. One was linked and joined Kisumu Polytechnic to learn sign language and the others linked to relevant organization.

General counseling VFM children and other neighboring schools

VFM continues to offer health and life skill talks to the VFM children and also to other neighboring schools. Health talk was done to Dr. Williams girls of grade 7 and 8. In partnership with CAITHS, the girls were given sanitary towels and pants.

VFM social worker gave a health talk on general hygiene and cleanliness to grade 8 boys in public Primary School. In partnership with CAITHS the boys were given pants and soap

The elderly

VFM care for the elderly in the communities. Despite the limited resources to support them, VFM continues to visit the elderly and offer them psychosocial support in terms of general counselling. The home visits are done by the social workers at least 3 times a week to follow up on the progress of the elderly. A total of **314** elder persons were identified in the 2021. Out of the 314 elderly **10** were found to be suffering from chronic illnesses and were put on medication through the help of VFM program nurse. Unfortunately, one elderly person died. For illness that could not be handled by VFM, referrals were done to the nearby health facility for further checkup and treatment. The social workers advise on drugs adherence and encourages them to attend clinics regularly upon appointments.

Apart from the general counseling given to the elderly, the social workers also sensitized through one on one counseling session with their caregivers on how to take good care of the elderly;

- Nutrition
- Hygiene and sanitation
- Taking time with them to break boredom
- To show them love

In addition, the elderly that have chronic illnesses are also advised on drug adherence and encourage them to visit clinic regularly upon appointments by the health facilities.

Table 12 The Elderly Summary

Cluster	# of Elderly	# Targeted	# visited
Gumba	32	20	17
Nyangera	63	20	15
Lwanda	40	20	17
Waembe	90	20	18
Sienga	89	25	22
TOTAL	314	105	89

5.0 HEALTH

A healthy community drives a prosperous development

Objective: Improved access to quality healthcare: Interventions are geared at strengthening the capacities of duty bearer to provide equitable, accessible and quality services as well as create demand by promoting health seeking behaviors. The interventions endeavor to create awareness and health education to all the target beneficiaries for better health outcomes.

Table 13 Health Activities

ACTIVITY	TARGET	Q1	ACHIEVED	% ACHIEVED	Q2	ACHIEVED	% ACHIEVED	Q3	ACHIEVED	% ACHIEVED	Q4	ACHIEVED	%ACHIEVED
Activity 5.1 Conduct health talks to young girls and boys in kamasengre	36 sessions	9	9	100%	27	9	33%	18	10	56%	8		0%
Activity 5.2 Provision of sanitary towels to girls of reproductive stage	450 sanitary pads	150	0	0%	450	300	67%	150	130	87%	20		0%
Activity 5.3 Engaging PLWA support groups on health related issues.	2 support groups with 25 PLWA.	50	0	0%	100	50	50%	50	20	40%	30		0%
Activity 5.4 Advocacy on health seeking behaviors at HH level	2400 HH in kamasengre community	600	504	84%	1896	782	41%	1114	776	70%	338		0%
Activity 5.5 Upscale ANC attendance and immunization	100 pre and post-natal care mothers and 600 children under 5 years	175	25	14%	675	300	44%	245	300	122%	50		0%
Activity 5.6 Regular medical checkups and child growth monitoring	300 children at VFM	300	300	100%	300	300	100%	300	300	100%	300		0%
Activity 5.7 Conducting medical outreaches and deworming	48 medical outreaches	12	8	67%	36	12	33%	28	10	36%	18		0%
Activity 5.8 a: Advocacy on nutrition to households	2400 HH	600	504	84%	1896	782	41%	1114	776	70%	338		0%
Trainings on value addition and food preservation methods	2500 HHs	625		0%	625			625		0%	625		0%
Activity 5.8 b Advocacy on nutrition teachers and learners in schools	3000 children	800	300	38%	2700	1200	44%	1500	800	53%	700	300	43%

Drugs supply

For effective treatment to take place availability of drugs must be a key concern. In the 1st quarter of 2021 VFM was privileged to have enough drugs that enabled it to manage some of the prevailing diseases both in the community during health medical outreaches and at the school static clinic.



Treatment

Objective: Primary prevention of minor illnesses.

VFM program Nurse continued with routine treatment to VFM children who presented with different illnesses. Primary prevention is very essential since it reduces the disease burden in the community. This service provision has helped to reduce the rate of reinfection to other children and early prevention of chronic diseases that may arise. The total number of children treated in 2021

During routine treatment VFM children who presented with different illnesses were treated. This service provision has helped to reduce the rate of reinfection to other children and early prevention of chronic diseases that may arise.



Table 14 Diseases Treated

No	Diseases	No treated
1.	Malaria	85
2.	Upper respiratory infection	342
3.	Skin infections	60

4.	Diarrhea	53
5.	Soft tissue injury	40
6.	Wounds	25
7.	Eye infection	19
8.	Ear infection	10
9.	Burns	4
10.	Insect bite	6
11.	Febril illness	14
12.	Tinea capitis	177
13.	Dental disorders	11
14.	Nose bleeding	9
15.	Menstrual disorders	3
16.	Sickle cell disease	1
17.	Anemia	2
18.	Fever	10
19.	Ulcers	6
	Total	877

Medical examination

This is a practice that is done quarterly. Majorly its done to assess the health status of children. The service is important since it helps in early detection and diagnosis of a disease before it is full blown for better management. The medical examination was done to VFM children and one neighboring

school called Bright Light Academy. Children were diagnosed of underlying medical condition that needed further investigation. A child had anemia and another had abdominal distention. These children were referred after consultation with the parents for ultrasound and blood hemoglobin assessment. VFM supported and the referral was completed.

On examination to the ECD children almost all the children had good condition apart from few who had skin rashes that have been addressed.

The number of medical examination done in 2021 were **317** males and **346** females hence total number of medical examination done was **663** both in VFM school and Bright Light Academy.



Child Growth monitoring

Routine growth monitoring increases awareness in a child's development. Growth monitoring is key to a child's health. It helps in assessing the child's development. In VFM this has improved the milestone of a child since no child has been found with stunted growth. It also helps in knowing their nutritional status by checking the weight and height. It was done to children under the age of 5 to both VFM school and Bright Light Academy pupils.

The growth monitoring was done to **311** males and **387** females making the total number of growth monitoring done in 2021 to be **698**



Deworming

Deworming which has been used as a preventive as well as treatment measure to curb any worm infestation. It has improved the health status by increasing nutritional status and controlling of infections such as anemia, diarrhea and others.

This is very important and healthy to children because it helps in the elimination of worms that gets inside the body through contamination. Some of children eat contaminated foods, water and others even eat soil which makes them prone to worms infection. This activity is done quarterly.

Without this activity our children could be having health challenges since they are still young and most of them become picky and would eat anything that may result in worm infection.

Providing deworming tablets to children is an effective way of eliminating intestinal worms that may cause health problem to children. Some of the worms may cause nutritional status effect to children this is done quarterly for the children. Deworming which has been used as a preventive as well as treatment measure to curb any worm infestation.



Deworming was done to 158 males and 209 females hence total number was 367 children of both VFM school and Bright Light Academy.

Health talk

Due challenges that face adolescents, especially girls during menstruation VFM has managed to tackle the challenges and menstrual hygiene being a major one. Health information on hygiene was given to VFM 104 males and 121 females adolescents.

Health talk to adolescents helped in shaping the behavior change of most of the girls and boys that attended the sessions in 2021.

Education given

- COVID 19 prevention
- Sexuality/Reproductive health
- Healthy friendship with opposite sex
- Fertility awareness

COVID 19 advocacy

This has been a major challenge to the whole nation. VFM has managed to create more awareness to the community that is embracing the laid guidelines to prevent the spread of the infectious disease, however, community infections are currently surging. Wearing of masks, use of sanitizers and washing of hands has been of help to the children.

VFM felt that it was very important to create awareness on COVID 19 disease prevention. This was done by enforcing the need of using face masks, hand washing, social distancing and other measures to avoid the spread of the disease. The community is resilient on the disease

In Mbita Sub County vaccine has been made available in sub county hospitals and a great number of people has gotten the vaccine. The process of vaccination has also been extended to locational level where people go for the vaccination. This will help in reducing the spread of the virus.



The Litare beach management unit, ministry of health and VFM social team organized advocacy on COVID 19 measures and prevention in Litare Beach

Sexuality

This topic deals with self-awareness and fertility awareness. The girls need to know the importance of self-awareness and to handle whatever challenge that may pose. The topic was well understood and pupils had a lot of questions which were handled accordingly. The number of pupils reached with information were 104 boys and 121 girls.

Healthy friendship with opposite sex

This was done to the adolescents of VFM and neighboring schools within Kamasengre community. The discussion was based on:

- healthy relationship,
- what to prioritize during friendship,
- setting rules for friendship and
- learning to control sexual desires including primary and secondary abstinence.

Fertility awareness

Fertility awareness refers to a set of practices used to determine the fertile and infertile phases of a woman's menstrual cycle. Fertility awareness methods may be used to avoid pregnancy, to achieve pregnancy, or as a way to monitor gynecological health.

The VFM program nurse discussed with the adolescents on the meaning of fertility. In this the nurse explained to the adolescents that there are hormones in both males and females that are responsible for fertility.

Girls were positive and gave feedback on areas to improve. Some of the recommended responses were:

- i. Consult girls. Always ask about menstrual experience
- ii. Provision of menstrual material supplier
- iii. Provide appropriate disposal options
- iv. Provide safe female friendly platforms for sharing
- v. Provide vast information on menstruation



Medical Health Outreaches

Outreach is one of the activities that has helped improve primary health care services to the less fortunate members within Rusinga community. During outreaches VFM reach different categories of people with different services

Due to COVID 19 pandemic, outreach program has been affected with limitations of gathering. VFM resorted to Bright Light Academy as the place to offer medical services to the community. The target of this activity was to conduct **48** medical health outreaches in 2021.



Outreaches has helped Rusinga community members that are less fortunate to access health services. This helped minimize chronic disease by giving early treatment and making early referrals to conditions that cannot be managed at VFM

Table 15 Services offered at Outreaches

No	Service offered	No seen
1.	Treatment	555
2.	Immunization	60
3.	Antenatal	32
4.	Cancer screening	62
5.	Family planning	39
6.	HIV counseling	40
7.	Referrals	60
	TOTAL	848

Malaria prevention

April- June being months that malaria day is conducted, most of the Rusinga community members were privileged to receive insecticide treated mosquito nets. This was an initiative of the Kenyan ministry of health. This would help in reducing the spread of malaria that has been a major challenge in under 5 years old. Family members were able to receive at least 2 nets depending on the number of family members within a household.

Nutrition

Nutrition is a critical part of health and development. Better nutrition is related to improved infant, child and maternal health, stronger immune system and is a key factor for healthy development in a child's life. Nutrition has helped reduce the cases of illnesses related to malnutrition in children under the ages of 5 years. Good nutrition means getting a well-balanced diet that comprises of all the nutrients needed for the development of the body to be a foundation for a strong immunity to children.



VFM advocate for food availability, accessibility, value addition, preservation and preparation. Before the project, families did not get access to food because it was not available due to overdependence on the depleting fishing. VFM have increased the number of families practicing agriculture or food production.

This is an important component of health, nutrition is key to good immunity we present reduced illness and diseases.

This far, 1700 community members were sensitized on healthy eating practices and food preparation and preservation across all the clusters. FM also shared nutrition lessons to 300 children at VFM and more 700 from other schools.

VFM has continued with the feeding program in school which has supplemented the type of food that the children are getting at home. The food has been nutritious.

Nutrition has been a key factor for healthy development in a child's life. This has helped minimize the contracting of minor illnesses like marasmus, Kwashiorkor and any other infection. Good nutrition is equivalent to good immunity since a strong immunity helps in fighting any infection or disease that may affect one.

In VFM the diet has been a strong foundation on strong immunity to children. The supplement from bananas that are grown in school has been a boost to the strong immunity the children have.

The community too has been sensitized on the importance of nutrition and at least every home has vegetables and fruits grown to supplement nutrition.

If food is available and it is not prepared in the desired way, it loses nutrients and becomes obsolete. VFM is keen in offering the community with information on nutrition including recipes. Balance diets and information on malnutrition. This information is offered at the household level during family visits.

Measles and Rubella Immunization

Kenyan government especially the county government of Homa bay has impacted greatly on the health of children by provision of measles immunization to children under 5 years. This was done in form of vaccination where children were given an injection of the vaccine to protect them against the contagious disease. The vaccine is given at the age of 9 months to all children but due to some detected cases the government decided to give mass vaccination to curb its widespread.

VFM children were privileged to have the vaccine from the Ministry of health team.

Under nutrition the government also ensured distribution of vitamin A supplement to children to help boost the immunity. This was given to all ECDE children in VFM and other schools within the locality. The number of children given vitamin A supplement at VFM was 159 and 67 who were given measles vaccine. This activity was implemented by Mbita Sub county hospital staff.

Cancer awareness

Adolescent health is a key concern to all relevant authorities implementing health services. The ministry of health in Kenya has rolled out a programme that is meant to curb the increase of cervical cancer. In women and especially the female adolescent who are not yet sexually active. The girls were given Human Papilloma Virus (HPV) vaccine a type of cancer vaccine that is given to girls at the age of 9 years to protect them against cervical cancer. The vaccine is given in 2 doses, the 1st dose at 9 years and 2nd dose given after 6 months. The ministry of health offered the service to VFM school girls.



6.0 FOOD SECURITY & AGRICULTURE

Objective: Food security is one of the pillars that anchor the VFM program. This is to ensure fresh food availability in the households and also is aimed at empowering the community members to have adequate food all times in the year. It also focuses the promotion of food production where by excess production can be sold to access money to cater for other household needs within families.

Table 16 Food Security Activities

ACTIVITY	TARGET	Q1	ACHIEVED	% ACHIEVED	Q2	ACHIEVED	% ACHIEVED	Q3	ACHIEVED	% ACHIEVED	Q4	ACHIEVED	%ACHIEVED
Activity 6.1 Follow up on existing kitchen gardens	157 kitchen gardens	157	141	90%	16	5	31%	11	5	45%	6	10	167%
Activity 6.2 Trainings on compost making	100 farmers	20	7	35%	93	50	54%	43	26	60%	17	26	153%
Activity 6.3 Support families with conical garden	100 conical gardens	20	9	45%	80	43	54%	48	26	54%	22	0	0%
Activity 6.4 Tree planting activity to 1000 HH	1000 HH	250	0	0%	1000	703	70%	297	169	57%	128	1950	1523%
Activity 6.5 Training on climate resilient farming practices	100 farmers	0	0	0%	100	52	52%	48	42	88%	6	26	433%
Activity 6.6 Support establishment of stronger fences to 100 HH practicing Kitchen gardening.	100 Kitchen fences			0%	50	30	60%	20	10	50%	10	0	0%
Activity 6.7 Establishment and promotion of 5 fruit nurseries in the community	5 fruit nurseries	3	0	0%	5	2	40%	2	2	100%	1	1	100%
Activity 6.8 Trainings on pests and disease control(local pesticides and repellent) to 100 farmers	100 farmers	20	0	0%	100	52	52%	48	42	88%	6	10	167%
Activity 6.9 Train 100 poultry farmers in Upgrading local poultry	100 poultry farmers	20	0	0%	100	52	52%	48	26	54%	22	20	91%
Activity 6.10 Vaccination(disease and parasite control)	9000 poultry = 36000 doses NCD, 9000 doses pox....	9000	0	0%	9000	3000	33%	6000	2400	40%	3600	2000	56%

Introduction

Food is a very central part of our very being, for without it we die. But food is more than a meal, people congregate around food, and there are no great occasions without food. Yet for some people, this precious commodity is very hard to come by. Rusinga community is facing acute food insecurity and in need of urgent assistance.

Prolonged drought due to the failure of two consecutive rainy seasons as a result of climate change is the main contributor to the current food and nutrition insecurity. Other factors include the effects of Covid-19 on production, markets, employment and resultant containment measures in some parts of the country as well as pest and disease outbreaks.

With weather patterns data warning that was given that the October – November rainfall season would delay and be below normal across most parts of the country, there was need for VFM and development partners to factor intervention actions well into 2022.

Follow up on existing kitchen gardens

Objective: To monitor, strengthen, restore and evaluate the existing kitchen gardens.

Kitchen gardens

Kitchen gardening is an activity that ensures families produce vegetables next to their kitchen. There are **286** existing kitchen gardens. In 2021 there were 39 new kitchen gardens that were established.

It was noticed that the community members visited had a positive attitude towards kitchen gardening and are doing better. Follow up on the existing kitchen gardens, gunny bags and conical gardens was also done to monitor the progress of the gardens and technical advice given to farmers to increase productions.

Households have embraced kitchen gardening and are selling their kitchen garden produce and earn income apart from for food consumption.



Those with kitchen gardens have been trying to maintain their gardens but due to lack of rain and water, the kitchen gardens didn't do well as was expected because of persistent drought. There was no rain in Rusinga Island from May and short rains came in October that wasn't enough.

Kitchen gardens have been beneficial to the households that have them. Some of the advantages of kitchen garden include:

- Supply fresh fruits and vegetables high in nutritive value.
- Supply fruits and vegetables free from toxic chemicals.
- Help to save expenditure on purchase of vegetables.
- Vegetables harvested from home garden taste better than those purchased from market.
- Effective utilization of kitchen waste water and kitchen waste materials.
- Exercise to the body and mind.

Table 17 Kitchen Gardening

No	Cluster	No. of Existing kitchen Gardens	Kitchen Gardens Assessed	Existing Conical Gardens	New conical	No. of Banana suckers to the Farmers
1.	Gumba/Ukove	84	38	15	1	23
2.	Nyangera	38	33	10	1	4
3.	Lwanda	53	22	20	6	39
4.	Waembe	48	26	17	3	22
5.	Sienga	63	22	12	3	4
	Total	286	132	74	14	92

Advocacy on compost making

Objective: To promote conservation Agriculture within VFM catchment areas to increase food production. This was to be done to **100** farmers within Kamasengre community.

Compost is a mixture of ingredients used to fertilize and improve the soil. It is commonly prepared by decomposing plant and food waste and recycling waste materials. farmers from the five cluster were sensitized on how to maintain and improve soil fertility. They went through practical on how to prepare team manure/liquid manure from the local products e.g. manure from goat, sheep, cows and even poultry.



The activity was aimed at giving solution to soil infertility, saving cash that could have been used to purchase commercial fertilizer to improve soils. In addition, it was found to have a good solution to water problem since it is applied in liquid form hence work load is reduced to the farmers.

Supporting families with smart farming gardens

Conical gardens

Just as the name indicates, a cone kitchen garden is a type of garden that resembles a cone, like that of an ice-cream holder. It consists of arranging soil in a conical shape above the ground to create more space for crop growing. There were **14** new conical gardens established in 2021.



Soil Fertility

Soil fertility refers to the ability of soil to sustain agricultural plant growth. Soil fertility and nutrient management is one of the important factors that have a direct impact on crop yield and quality. We were sensitized on how to maintain and improve soil fertility. They went through practical on how to prepare team manure/liquid manure from the local products e.g. manure from goat, sheep, cows and even poultry.

The activity was aimed at giving solution to soil infertility, saving cash that could have been used to purchase commercial fertilizer to improve soils. In addition, it was found to have a good solution to water problem since it is applied in liquid form hence work load is reduced to the farmers.

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Gunny bags

Bag farming which is the growing vegetables in both gunny and sisal bags. Gunny bag farming is a very productive way to utilize small areas of land. In addition to improving food security by increasing the number of leafy vegetables that can be grown per square metre.

Farmers in Rusinga experience several challenges including lack of land, money and unpredictable weather patterns. While many of them can be solved by human action, some like the weather are impossible to control or influence.

This has necessitated the introduction of innovative measures to mitigate and adapt to the situation. Food security is an important area that needs intervention in order to ensure continued and enhanced food security amidst an increasing population.



Banana agronomy

Advocacy was also done on the importance of having banana at household levels. 92 banana suckers from VFM were given to farmers who planted them in their homes and were assessed. Apart from planting bananas for consumption some farmers have adopted VFM practice through the trainings conducted to the farmers and have planted bananas in large numbers for income generation.

Environmental conservation by planting trees

Objective: To create a clean and safe environment for human habitation by planting trees to 1,000 households within Rusinga community to increase the number of trees planted.

Rusinga has had a lot of challenges in environmental conservation despite such challenges, VFM has put a lot of efforts in sensitization to the community through group meetings and individual meetings.

The individual farmers visited were also sensitized on the effect of soil erosion and how it can be controlled by planting trees.

In collaboration with other partners like Badilisha and Equity Bank a total of **2822** trees were planted in the community.

Climate resilient farming practices

Objective: To enhance agricultural food production to **100** farmers by advocating on climate resilient farming practices to increase food security.

A key element required for sustainable and transformational development in agriculture is ensuring that investments are informed by robust evidence about past and future climate risks. Climate resilience is a fundamental concept of climate risk management. In this context, resilience refers to the ability of an agricultural system to anticipate and prepare for, as well as adapt to, absorb and recover from the impacts of changes in climate and extreme weather.

Climate resilient crops - Climate-resilient crops are crops and crop varieties that have enhanced tolerance to biotic and abiotic stresses. These are crops that are naturally hardy or adapt to weather changes within a region. During the kitchen gardens visits in the community and other visits **120** farmers were reached with this information where **cassava, sweet potatoes and pumpkins** were sited to have the ability to do well in Rusinga despite the hard weather conditions experienced in the area.

Support establishment of stronger fences

Due to the roaming animals that destroy farms, VFM in partnership with the farmers reinforced the first 34 fences with barbed wire and chain-link. Other farmers continue to reinforce their farms using the available materials which are however not very strong to last longer.



Fruit/vegetables nursery establishment

VFM has taken lead in the establishment of fruit tree nursery at VFM, therefore mango, passion fruits and pawpaw had been selected among other fruits because they perfectly suit Rusinga ecological

zone. The mango trees are also good in boosting the forest cover that is also aimed by other partners. Mangoes also have other benefits e.g. bridging gap in our diets and cash from the sale of the fruits.

Other farmers also practicing kitchen gardening and horticulture have also established vegetable nurseries in their respective farms

Pest and disease control

Pest control is the regulation or management of a species defined as a pest, a member of the animal kingdom that impacts adversely on human activities.

Upgrading of local poultry

This is a method of upgrading local chicken by exchanging a local cockerel with a purebred one. Thus, all native cockerels in the flock are eliminated. Strategies to develop poultry breeds suitable for family poultry smallholders in Rusinga community must differ from those used in intensive production, and should focus on improving indigenous breeds while also making use of pure exotic and cross-bred chickens where appropriate. It was found that there are general problems that poultry farmers have in poultry production. Some of these problems include:

- Heavy mortality in chicks
- Mortality in adult birds due to outbreak of disease
- Malnutrition in birds
- Low egg production
- Disease outbreaks and lack of veterinary assistance in the villages
- Lack of awareness and knowledge about poultry practices

The most common method of improving the local gene pool is crossing indigenous and exotic birds, and then leaving the hybrid offspring to natural selection. Pure-bred or hybrid cockerels (or pullets) selected for greater meat or egg production are introduced into local flocks, usually in order to increase egg production. It is important to note that improved growth (for meat production) and high egg production are genetically incompatible in the same bird. The genetic traits are negatively correlated, which means that selection for one trait will reduce the other.

CONCLUSION

VFM has recorded a positive community ties and all activities have created impact to the vulnerable families. This annual report gives a true reflection of what was achieved. The team at VFM is energized to offer perfect services to the community. Their professional ability has seen the most robust project- community partnerships. VFM still believe in community service and look forward to another year- 2022.



Work Plan 2021.xlsx