

MUTHAA COMMUNITY DEVELOPMENT FOUNDATION

**REPORT ON
HEALTH, HYGIENE AND SANITATION 1st WORKSHOP IN KAYAFUNGO
LOCATION, KALOLENI DISTRICT
COAST PROVINCE
KENYA**

PREPARED IN PARTNERSHIP WITH:



**9th-19th September 2008
Authored by: Emily Karechio & Abdalla Mohamed**

TABLE OF CONTENTS

BACKGROUND INFORMATION.....	2
WORKSHOP OBJECTIVES.....	2
PARTICIPATION.....	2
RESOURCE PERSONS AND METHOD	2
TOPICS AND THEMES COVERED	3
REMARKS	3
RESULTS OF WORKSHOP EVALUATION.....	4
ATTENDANCE	5

BACKGROUND INFORMATION

Kayafungo Location, Kaloleni District in the coast province of Kenya is one of the most arid, poor regions of Kenya. Kayafungo is wanting in development and lacks clean water. After an extensive survey of latrine coverage; carried out by the Student Movement for Real Change, among the needs identified by the movement was need for health and sanitation education. The Muthaa Community Development Foundation, a non-governmental organization based in Kenya, was selected to conduct four health and sanitation education workshops over the course of the project period.

This is a report on the first workshop carried for ten days from 9th - 19th September of 2008 with two days per sub Location and an evaluation day as follows:

Tuesday, 9th September – Miyani Sub-Location
Wednesday, 10th September– Miyani Sub-Location
Thursday, 11th September – Kinagoni Sub-Location
Friday, 12th September – Kinagoni Sub-Location
Saturday, 13th September - Miyani and Kinagoni Evaluation

Monday, 15th September – Mbalamweni Sub-Location
Tuesday, 16th September – Mbalamweni Sub-Location
Wednesday, 17th September– Mrimani Sub-Location
Thursday, 18th September – Mrimani Sub-Location
Friday, 19th September – Mrimani and Mbalamweni Evaluation

WORKSHOP OBJECTIVES

The following were the objectives of the workshop:

- Train participants to be trainers of trainers in community health and hygiene.
- Empower through knowledge: causes & prevention of diseases and nutritional value of the local foods.
- Impact skills on pit latrine construction.
- Mobilize and encourage the community to know their HIV status and care.

PARTICIPATION

The workshop comprised an average of 143 participants from the Kayafungo Location, selected by the community during the focus groups led by the Sub Location Development Committee. It also included area sub chiefs, and facilitators from MCDF.

RESOURCE PERSONS AND METHOD

The resource persons included:

- Emily Karechio-Team Leader and Facilitator

- Abdalla Mohamed- Key Facilitator
- Terry Adhiambo-Local Expert
- Maureen Masha- Coordinator Logistics

The workshops adopted lecture presentations, group interactions, demonstrations and educational games as the methods of teaching.

TOPICS AND THEMES COVERED

The main topics discussed were:

- Personal hygiene (Hand Washing, Design of hand washing stations and Bathing).
- Common Diseases (Water and hygiene related diseases and prevention).
- Nutrition (Balanced diets, nutrients found in local foods and best preparation of foods).
- HIV/AIDS (Understanding the disease, Causes and Prevention measures including use of both female and male condom,).

REMARKS

Workshops and Participants

The effects of poor sanitation were discussed at length. The participants said they felt ready to start sensitization activities on the implications of poor sanitation, poor nutrition and unprotected sex with HIV positive partners. They attested to understanding their bodies, hygiene, health and environment better after the workshops. Some participants viewed that the workshop should have been longer with an intense coverage of HIV/AIDS topic, which many felt was short despite being allocated the most time. Participants also complained about quality of food given during the workshop, some saying the cooking was poor while others requesting to be given 10'oclock tea. The participants requested for a sitting allowance for the workshops stating that this is what happens with other educative workshops they attend. Overall the workshops were well received, highly interactive and participants appreciated the organizer.

Logistics

All workshops were in Gotani contrary to previous arrangements because venues identified were schools that were in progress at that time. There was also a lack of chairs and cooking area making Gotani a more convenient centre for the workshops. Transport to and from Kayafungo was also a challenge due to poor timing by the motorbike taxi men.

APPENDICES

RESULTS OF WORKSHOP EVALUATION

The evaluation was carried out on 139 participants and 126 questionnaires were returned. The questions we asked were:

1. What did you like about the workshop?

The participants responded to liking the facilitators and their humility. They cited the language and mode of training as easily understandable. They mentioned that the workshops opened their eyes to issues they did not know concerning their health, hygiene, body and environment.

2. What did you not like about the workshop?

A majority were hoping to get 10'oclock tea because of waking up early and missing breakfast to make the long distance walk to the workshop. There were also concerned about the lack tissue paper, drinking water and tables for writing on.

3. Was the time allocated for the workshop appropriate?

58% responded that time was not enough. While 42% felt the time allocated was enough.

4. What is your opinion on the food served?

63% of the respondents complained about the food. Major complaints included uncooked food, lack of a balanced diet, no drinking water and lack of an eating venue.

5. What are your comments and suggestions?

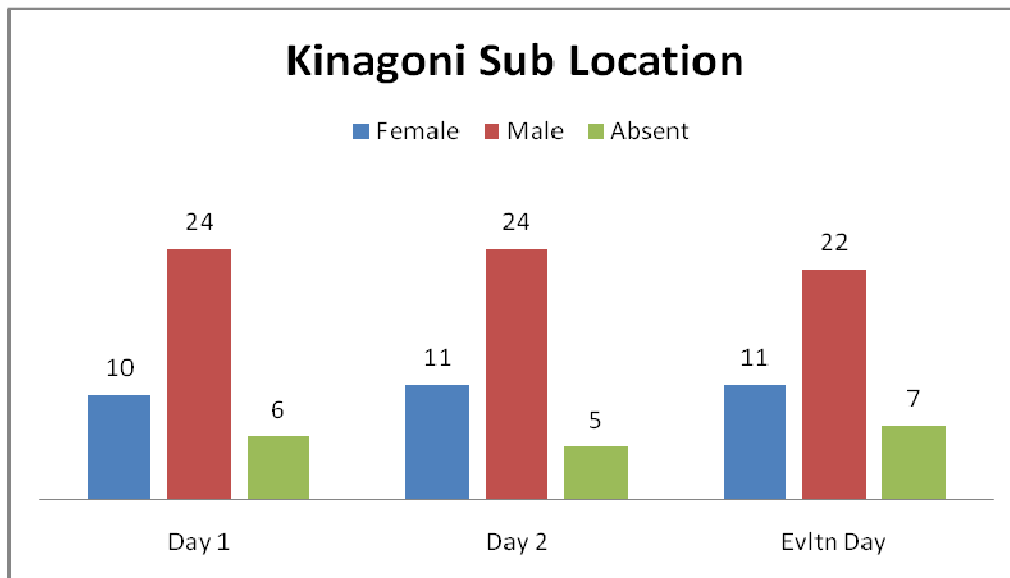
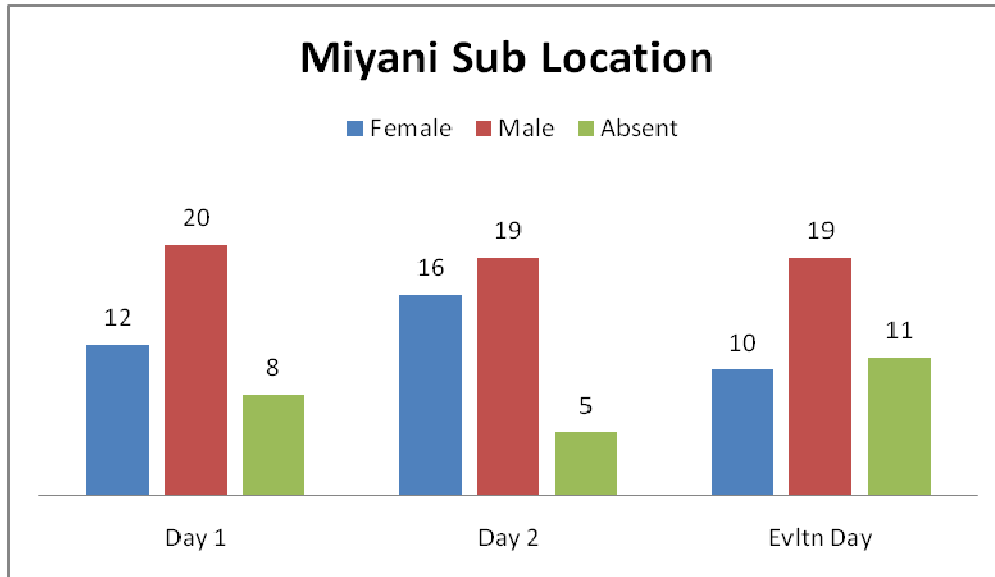
Below are some of the main suggestions and comments from participants:

- Have workshops in other topics such as entrepreneurship, capacity building in leadership and farming.
- Assist them in other areas such as building of fences to protect their water pans and building more toilets for the community.
- To get sitting allowances for the days they attend the workshops.
- Uniforms in form of t-shirts, caps and bags.

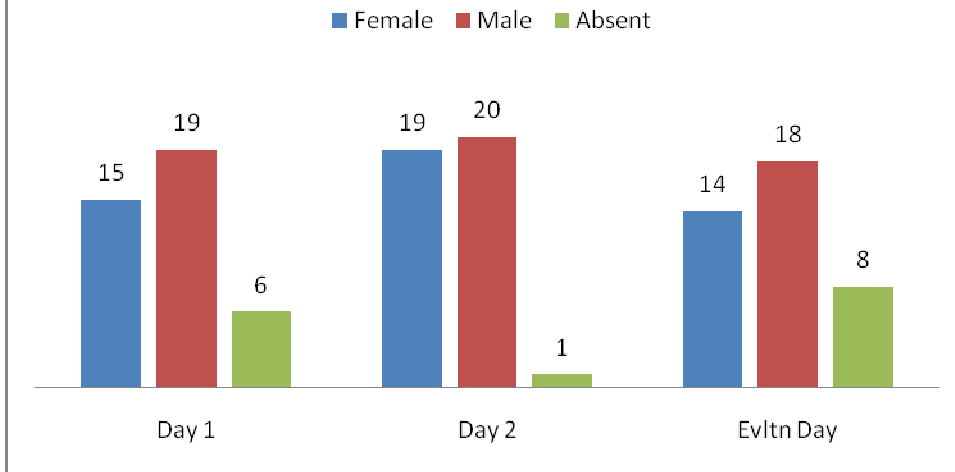
- Have the workshops held in their respective sub locations.

ATTENDANCE

The attendance was as follows:



Mbalamweni Sub Location



Mrimani Sub Location

