



MUTHAA COMMUNITY DEVELOPMENT FOUNDATION

**REPORT ON
HEALTH, HYGIENE AND SANITATION 2nd WORKSHOP IN KAYAFUNGO
LOCATION, KALOLENI DISTRICT
COAST PROVINCE
KENYA**

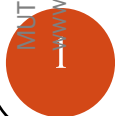
PREPARED IN PARTNERSHIP WITH:



6th-17th September 2008
Authored by: Emily Karechio & Abdalla Mohamed

TABLE OF CONTENTS

BACKGROUND INFORMATION.....	2
WORKSHOP OBJECTIVES.....	2
PARTICIPATION.....	2
RESOURCE PERSONS AND METHOD	3
TOPICS AND THEMES COVERED	3
WORKSHOP ACTIVITIES	3
REMARKS	5
RESULTS OF WORKSHOP EVALUATION.....	6
ATTENDANCE	10



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. The Student Movement for Real Change conducted an extensive survey of the region that identified the 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 second workshop of a four-part series carried for ten days from 6th - 17th September of 2008 with two days per sub-location and an evaluation day as follows:

Monday, 6th October – Miyani Sub-Location
Tuesday, 7th September – Miyani Sub-Location
Wednesday, 8th September – Kinagoni Sub-Location
Thursday, 9th September – Kinagoni Sub-Location
Friday, 10th September – Miyani and Kinagoni Evaluation

Monday, 13th September – Mbalamweni Sub-Location
Tuesday, 14th September – Mbalamweni Sub-Location
Wednesday, 15th September – Mrimani Sub-Location
Thursday, 16th September – Mrimani Sub-Location
Friday, 17th September – VCT – Magogoni Church

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 120 participants from the Kayafungo Location. The second workshop had a lower attendance than the first, and when asked the reasons on their evaluations, the participants noted deaths and lack of a sitting allowance.

RESOURCE PERSONS AND METHOD

The resource persons included:

- Emily Karechio-Team Leader and Facilitator
- Abdalla Mohamed- Key Facilitator
- Terry Adhiambo-Local Expert
- Elias Changawa – Facilitator/SMRC Latrine Contractor

TOPICS AND THEMES COVERED

The main topics discussed were:

- Water Treatment
- Common Diseases (Worms).
- Nutrition (Adult malnutrition and preventative local foods).
- HIV/AIDS (VCT importance and empowerment and relationship between HIV/AIDS and TB).
- Latrine Construction (Types of soils, identification of locally available materials and construction methods)

WORKSHOP ACTIVITIES

The workshops adopted lecture presentations, group interactions, demonstrations and practical as the methods of teaching. The following is the workshop detailed activities;

1. Facilitation/Teaching

70% of the workshop was carried out with facilitators training and teaching the participants on the different topics covered. The participants also contributed information on cultural beliefs and local activities related to the course material.

For example, with regards to nutrition, the participants listed locally available food and identified how a balanced mixture of food can be made.

2. Latrine Construction Education

This topic was facilitated by Mr. Elias Changawa the SMRC, Bahari-Mombasa Rotary, KWWP and MCDF latrine contractor. The importance of the lesson was to train and empower the participants to construct pit latrines at their homes. The lesson was covered through theory and practical approach.

a. Theory

The lesson covered the type of soil found in Kayafungo location, selection of a pit latrine location in their homestead, depth of the pit latrine and latrine construction.

b. Practical

The participants and the contractor/facilitator visited the demo latrine site, which was donated by SMRC and the SDA Church where the workshops have been taking place. The participants saw how the pit is dug and the depth dependent on the type of soil. They also identified and listed the locally available materials to be used to construct and finish a local pit latrine.

From this lesson the participants are expected to construct latrines at their homesteads where the MCDF and SMRC will have representatives to inspect the level of construction and usage by the participants and their families.

3. De-worming and Immunization.

a. De-worming.

Worms' infection to both adults and babies was one of the main topics covered during the workshop. As a prevention measure, the participants were given tablets to de-worm themselves from the Gotani Dispensary with the local doctor's prescription. The participants were happy and appreciated the activity even through their end of workshop evaluation.

b. Immunization

There was a Tetanus Toxoid Immunization being carried out in 43 districts in the whole country by the Ministry of Health Expanded Programme on Immunization. Kaloleni is one of the target district and Coast Province being the leading province in Tetanus in Kenya. This targeted both children and adults, up to 49 years of age.

Dr. Nyeche in charge of Gotani Dispensary came to the workshop and explained the reasons and benefits of being immunized to the participants. He immunized our participants from Mbalamweni and Mrimani who came for the second week and coincided with the immunization campaign.

Dosage: Every person should get 5 doses;

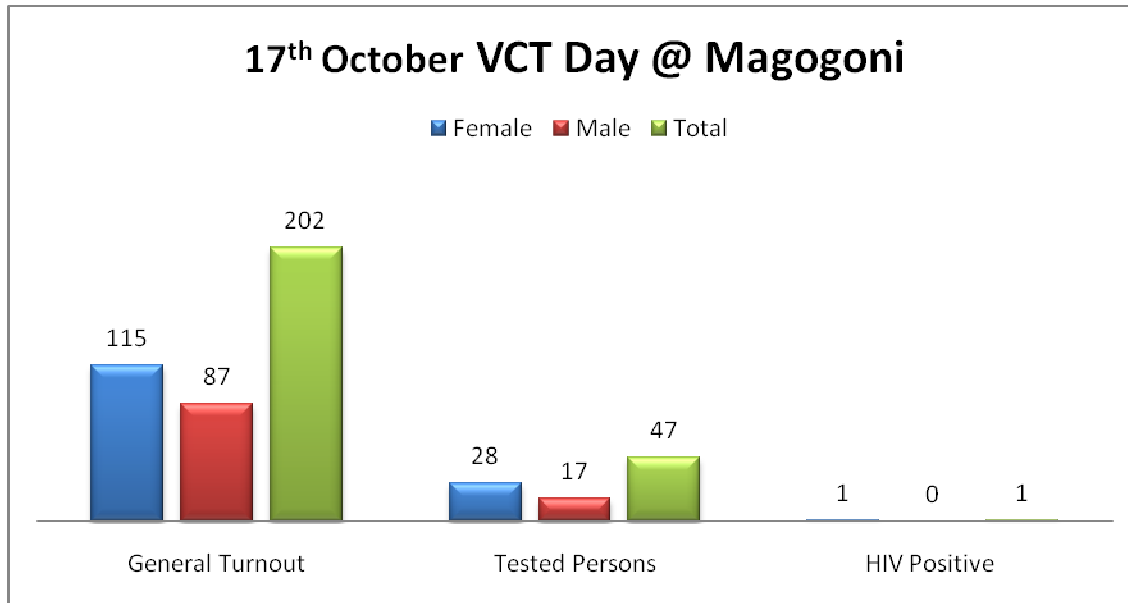
1. **1st Dose** – Immediately
2. **2nd Dose** – After 4 weeks
3. **3rd Dose** - After 6 months of the second dose
4. **4th Dose** – After 1 year of the third dose
5. **5th Dose** – After 1 year of the fourth dose

4. Voluntary Counseling and Testing (VCT)

On 17th October, there was a free Voluntary Counseling and Testing day for HIV/AIDS hosted by SMRC, Ministry of Health, World Vision, KWWP and MCDF.

During the workshop, the facilitators trained participants on the importance of VCT and encouraged them to mobilize their members of the community including their family and friends to visit the VCT.

The event took place at Magogoni ACK church, where the Youth Alive and Mwambyanyundo Youth Polytechnic students entertained the community while MCDF and councilors discussed the importance of being tested for HIV status.



REMARKS

Workshops and Participants

The Latrine construction lesson was highly interactive. The participants asked different questions from the facilitator as they were required to construct latrines at their homesteads and ensure that their family used them. The participants were happy to have a complete package of human worm infection education with a dosage of de-worming tablets.

On the first day of the workshop, the Mrimani participants decided to boycott the workshops over the lack of monetary compensation for travel or attendance. Abdalla Mohamed called the project director to explain the situation on the ground while Emily Karechio from MCDF talked to the participants and explained how the project came to being, how fundraising is done and how money is spent in the community. The participants felt that KWWP officials controlled the project money, and would often keep funds originally intended for the workshops. This made them not even to listen to the KWWP chairlady who tried to explain and asked Ms. Karechio to explain the whole situation.

After a good explanation from Ms. Karechio, Lily Muldoon, the project director, came and talked with the participants. The participants felt that these explanations sufficiently clarified the situation, and participated in the rest of the workshop with great interest. The participants appreciated and thanked the project director and MCDF facilitators for the highly facilitated workshop.

Logistics

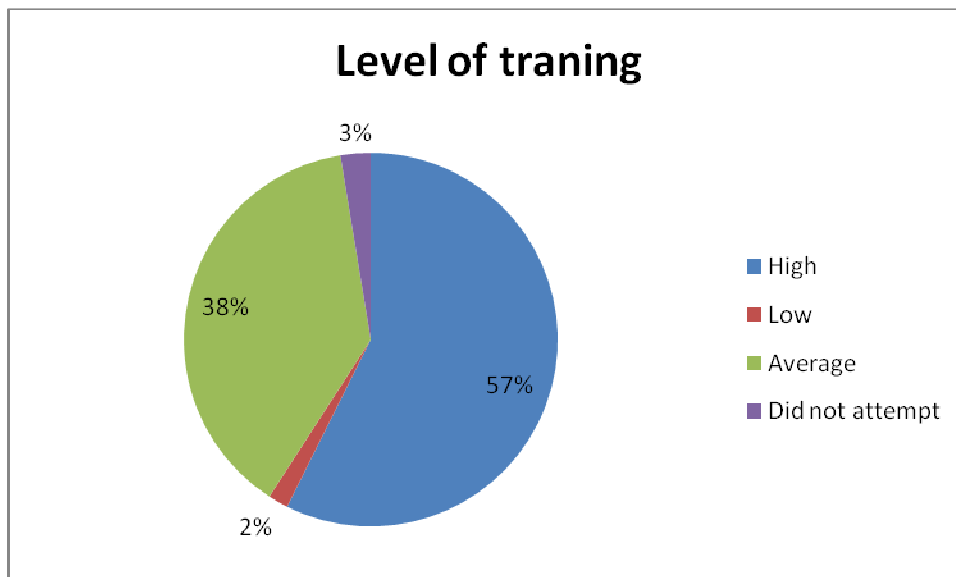
The second workshop again took place at the Gotani Centre where the participants would study and take their meals. Transport to Gotani centre was a challenge during the rainy mornings because the motorbike could not go on the muddy route.

APPENDICES

RESULTS OF WORKSHOP EVALUATION

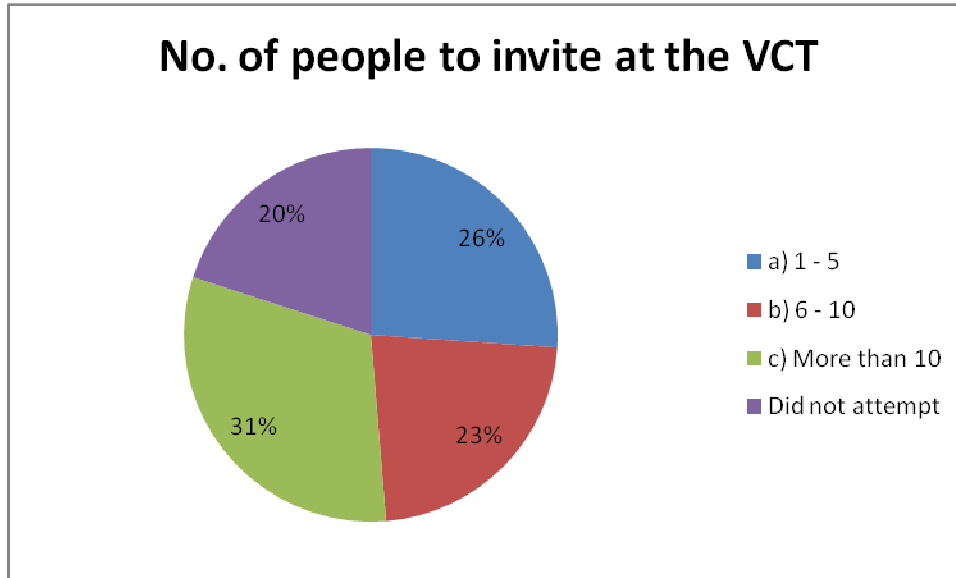
The evaluation was given to 120 participants and 115 questionnaires were returned. For the first four questions we gave them choices to select from and so have outlined the answers in a simple pie chart format. The questions we asked were:

1. **What was the level of the training/education for you to understand?**
(Mafunzo yalikuwa ya hali gani kwa wewe kuelewa?)
 - a) High Standard (Hali ya Juu)
 - b) Low Standard (Hali ya chini)
 - c) Average (Hali ya wastani)



2. From the VCT lesson, how many people are you going to invite for the VCT?
(Kutokana na somo la VCT utaalika watu wangapi?)

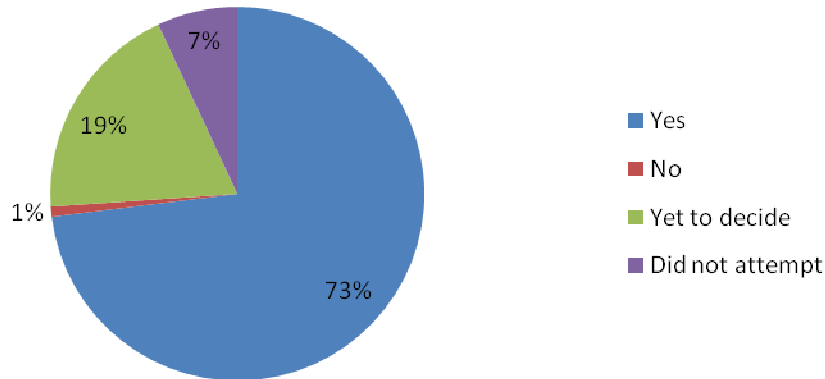
- a) 1 – 5
- b) 6 – 10
- c) More than 10



3. From the training and empowerment from VCT knowledge, are you ready to be tested?
(Kutokana na ushauri wa somo la VCT, uko tayari kupimwa?)

- a) Yes
- b) No
- c) Yet to decide

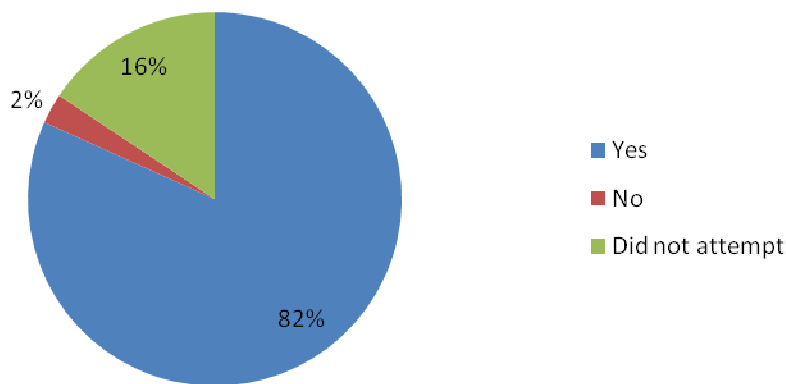
Ready to be tested



4. Have you experienced changes in the second workshop compared to the first workshop? (Je, umepata mabadiliko kwa warsha ya pili ukilinganisha na ya kwanza?)

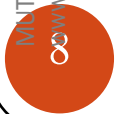
- a) Yes, which ones?
- b) No

Changes in the Second Workshop



Below are some of the changes that the participants experienced in the second workshop that were not in the first workshop;

- Serving of breakfast and fruits during lunch. i.e. tea and a roll
- Latrine construction education



- Interesting and effective training from the facilitators
- VCT empowerment
- Reading manuals and posters
- De-worming and immunization

5. What are the reasons that other participants did not attend the workshop?

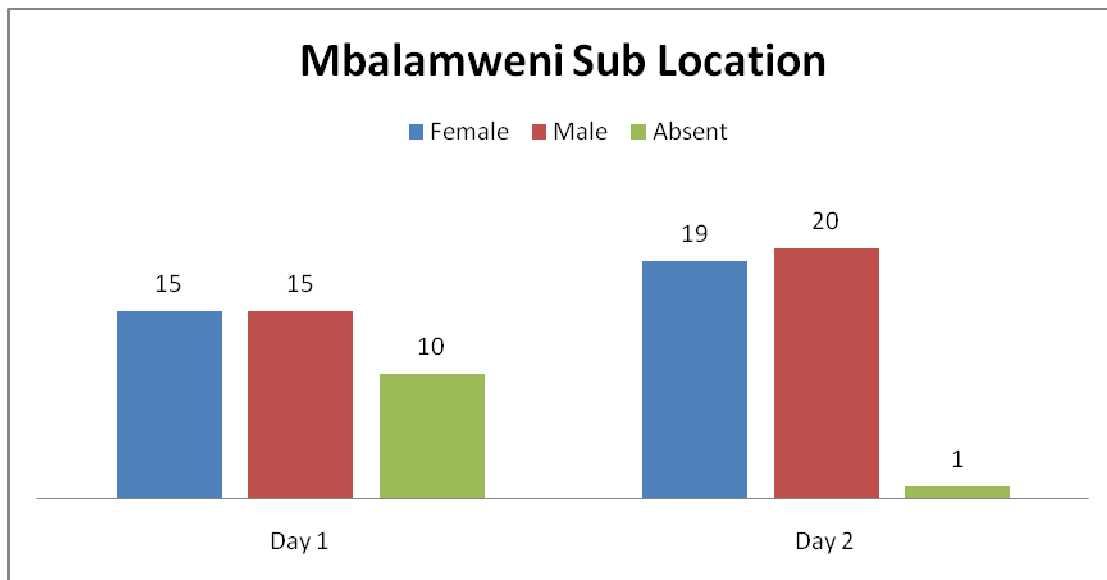
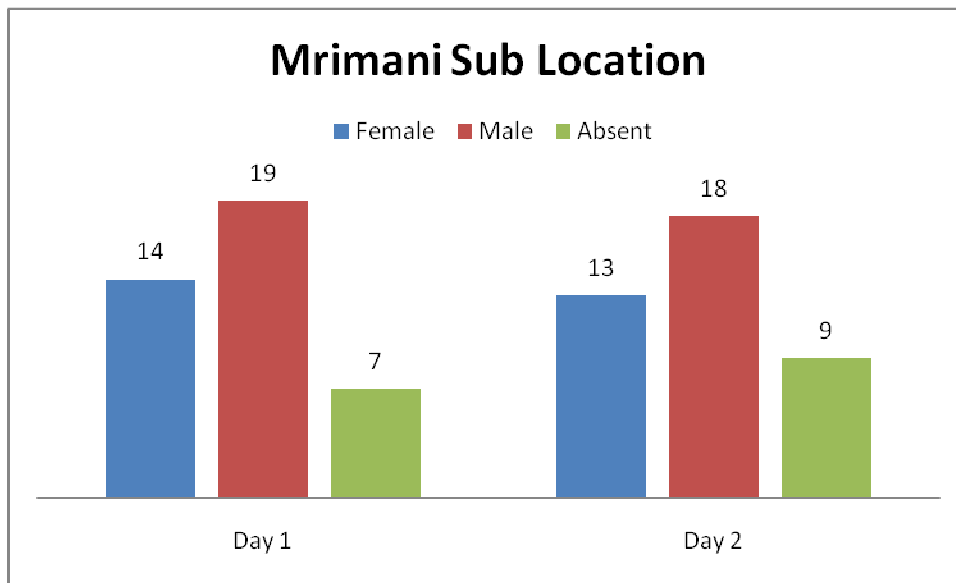
We asked this from the participants due to the difference in attendance compared with the first workshop. Some of the reasons highlighted are;

- Lack of allowance i.e. transport and sitting allowance
- Deaths, funeral and sickness
- Personal and family problems
- Fear to visit the VCT
- Responsibilities at home especially the women
- Shameful education(HIV/AIDS and condom use) among in laws and the old
- Laziness and lack of interest to work with the community after the training

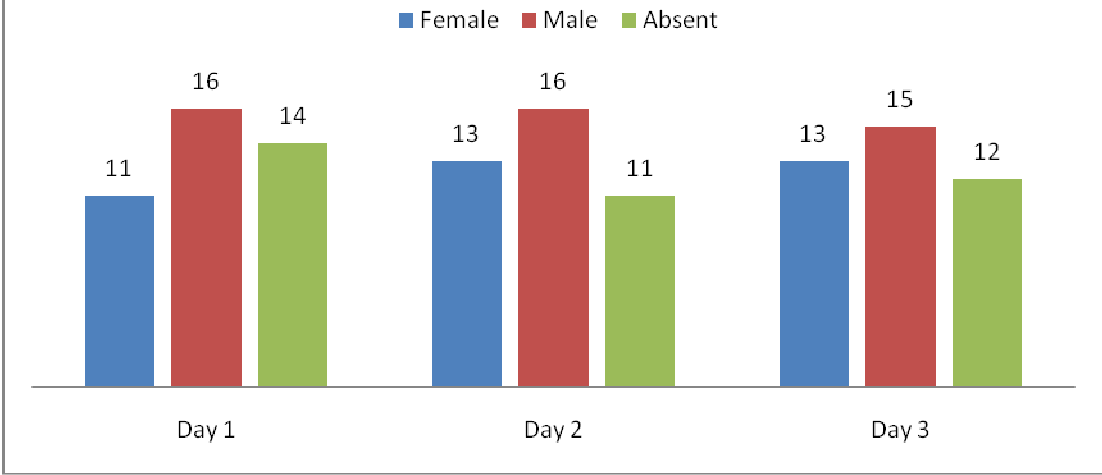


ATTENDANCE

The attendance was as follows:



Kinagoni Sub Location



Miyani Sub Location

