

Ekoi Newsletter



PanAfricare



Bayer Fund



Annual Release

**PanAfricare Kenya
2021**

COUNTRY DIRECTOR'S MESSAGE



I am grateful that at PanAfricare Kenya we closed the year having met most of our goals. It has been a year of fulfillment for us.

When we look back at the milestones achieved and impact created in Agriculture and Health, we can only marvel at what can be achieved.

We are proud that through our work, communities we support have a chance to lead more decent lives: That is what PanAfricare is all about – ***Keeping the Promise, Improving Lives, Building Futures.***

Lack of water for agricultural activities and access to Nutritious diets remains a precursor for high malnutrition cases amongst children under five years old as well as pregnant and lactating mothers the world over.

The IMPACT Program through its interventions also continually showed progress and results towards improving access to water for agriculture through donation of water pumps, water storage structures, sinking of boreholes as well as desilting and expanding canals. To enhance and improve access to food at the household level, we also established of Conical gardens amongst many other interventions aimed at having a healthy society.

This newsletter offers a glimpse into the results and achievements of the IMPACT Program in 2021 and the important interventions that actively contributed to improved Nutrition in Katilu and Turkwell Wards in Turkana County. The interventions achieved notable results that have been integrated into the communities that we are currently implementing the IMPACT Program. PanAfricare Kenya also continued to embrace collaboration with partners and other stakeholders in the delivery of the Program objectives.

We thank the County Government of Turkana for the continued partnership and support as well. The visit by various partners such as UNICEF, JICA, USAid among many others also raised the profile of the PanAfricare Kenya IMPACT Program and in particular the implementation of the new technologies such as Conical gardens and nutrition targeted agriculture at the household level.

We would like to say a big thank you to our donors, BAYER Fund for the continued support in ensuring that all program activities flowed without any challenges.

We all look forward to a great 2022, we reiterate our commitment to create more positive impact in the lives of the Kenyan people. In Turkana County we continue to fight malnutrition by strengthening access to health services and supporting farmers at different levels. We look forward to strengthening partnerships and building synergies towards the goal of having thriving Africa.

DOMINIC GODANA
COUNTRY DIRECTOR-PANFICARE-KENYA

BACKGROUND

The Improved Approach to Community-Based Nutrition in Turkana (IMPACT) program in Kenya aims to significantly improve nutrition outcomes for pregnant and lactating women and infants and young children (<5 years of age) via a two-pronged approach:

1. Address immediate causes of malnutrition by improving access to quality health services and increase knowledge for prevention and treatment of malnutrition, and
2. Address underlying determinants of malnutrition by increasing household availability, access, and consumption of diversified and nutrient rich food.

The IMPACT program targets the most vulnerable women and children, specifically the first 1,000 days of life (children under age 5):

IMPACT key highlights

1. Targets to reach 18,340 households (over 91700 people) in 103 villages consisting of approx. 13,412 young children under the age 5.
2. Engage media to reach 580,000 people with social behavior change communication (SBCC) messages in Turkana South and Loima Sub-Counties.
3. Sensitize 288 Community Health Volunteers (CHVs) trained and work directly with 48 Community Health Volunteers (CHVs) CHVs to be provided with Nutrition training (CMAM, MIYCN, WASH)
4. Engage and support 880 households with improved farming to increase availability, access, and consumption of foods through communal farming.
5. Work with 7,200 care group members to increase health and nutrition education.



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Youth group turns to agribusiness to combat poverty and food insecurity in Turkana

At the extreme end of the extensive Katilu Irrigation Scheme in Turkana South lies a blossoming farm. A group of young men are busy working on the farm. It has tomatoes that are being harvested and loaded to a motorbike ready for the market, the butternuts are also ready for harvest. The farm has assorted vegetables; spinach, pawpaws, cowpeas, and kales. Along the edges of the farm, there are fully grown bananas on one side and sugarcane on the other.

This is Israel Farm established in 2013 by a group of 15 young men who felt the need to venture into agriculture to earn a living. Michael Esekon is one of the founding members, "Fifteen of us came together in 2013 to establish the farm. Five more came later making it a farm of 20 members." He adds that the journey of transforming the piece of land into a functional farm needed conviction and hard work.

Ernest Lomuria; a farmer on the farm recounts why they began the farm.

"We decided to venture into agriculture to be financially independent. We used to borrow money like most young people in the village. I am grateful that after a lot of work our plans worked out." On his section of the 35-acre farm, Ernest has bananas and butternuts that he sells in the nearby market. "I sell most of my produce in Katilu Market although sometimes buyers come to the farm to source produce by themselves."

He recounts how his life and those of other farmers have changed since he ventured into farming. "Despite the challenges that we face, our lives have changed for the better. Many of us have married and continue to support their families through this farm. I have developed a lot at a personal level from the proceeds of this farm."



Solomon Epuk grows maize on his section of the farm. He has is one of the members who joined the group later after it was formed. He is married and has two children. The 29-year old says he joined the farm after he saw it was a worthwhile venture. "I saw my friends starting to sell tomatoes and had food throughout the year.

I requested to join the group and since they were my close friends, I was gladly accepted. I was assigned a section and since then I have not looked back." Solomon says the farm enables him to provide for his young family including buying school uniforms for his first-born son who just began school.

Despite the successes, the farmers face challenges that affect their productivity. "The fall armyworm really affects our crops especially maize. The market is also a challenge because the local markets do not give the best bargain." Ernest said.

The IMPACT Program actively supports such farms through training, extension services, farm inputs such as seeds, and the building of irrigation infrastructure. The Program is working to provide market linkages so that farms such as Israel can access better markets for their produce.



With proper irrigation, farmers expand farms



The year 2018 was a difficult year for John Ekan Kodet and about 300 other farmers in Napool. The area was severely hit by heavy rainfall that resulted in flooding leading to destruction of canal embankments. With the canals destroyed, water access to the farms became an issue.

The farmers had to walk more than a kilometer to the Turkwel river to get the much-needed resource. John's words sum it up best "*Shamba ilikua imekauka kabisa, mimea zilikua zinakauka na ata hazikukuwa zinamea vizuri kwa sababu mvua pia ilikua inachelewa kila wakati*" (the farm dried up, crops did not also grow well because of the unpredictable rain patterns). Additionally, there were also cases of pests attacking the crops and lack of farm tools. In 2019, Africare visited the farm and had a couple of meetings with the farm beneficiaries. Some of the issues raised included water access, availability of farm tools and certified seeds just but to mention a few. After the initial assessment, viable interventions were carried out. One of the interventions that has had a huge impact in the scheme is the canal desilting. Africare in partnership with the members of the scheme desilted the canals that led to water access to all the beneficiaries. Additionally, to ensure high productivity, this was combined with the use of good agricultural practices such as correct spacing when planting, knowing the best times to water the crops as well as use of locally available plants to make biopesticides hence ensuring that their produce is 100 percent organic.



The farmers were also trained on how to set up composite manure pits and nurseries. To complement all these activities, farmers were also provided with certified seeds and sets of farm tool. All these were made possible through the technical assistance of the Turkana County Agriculture Department.

Above interventions combined with the commitment of the farmers has greatly improved the nutrition of the beneficiaries as well as increased household income that has helped move the families above the poverty line. Florida another beneficiary in the project proudly says how she can take her children to school, supplement her family income as well as leave enough for savings.

She has more than 30 banana trees and sells a bunch for about 400 shillings. She has received banana and mango seedlings as well as other highly nutritious vegetable seeds from PanAfricare.

The Program has also introduced new highly nutritious vegetable in the scheme. These include Amaranthas, black night shade, cowpeas, spider plant, watermelons, mirro, ocr and butternuts. A strong and trusting relationship has been built and the beneficiaries are willing to continue working with the project in reducing the malnutrition numbers in the program area as well as improved household income.



325 Farmers Benefitted from Good Agricultural Practice (GAP) training



Food insecurity is a major challenge to the world today. Lack of food is a precipitant of other social vices such as malnourishment, insecurity, and even low literacy levels. Despite these facts, agriculture continues to face myriad challenges.

With adverse climatic changes and poor markets, producing food has never been tougher. For farmers who soldier on, agricultural knowledge is becoming a necessity. Skills and productivity go together as empowered farmers tend to maximize production using little available resources. Lack of necessary skills affects the quantity and even the quality of food being produced.

The learning by doing trainings focused to support the farmers in Lishe Bora, Green Angels, Israel, Kangirega, Nyangaita, Nakabosan, Kaekunyuk, Lolupe, Napak and Natuntu.

With good agronomic practices skills and focused on; general crop production parameters, soil and water conservation, soil fertility, integrated pest management with a focus on identification of pest attacks at early stages as well as organic methods of control.

Emphasis was also made on organic compost manure elaboration to minimize chemical use and embrace agro-ecology. The GAPS capacity building is continuous with support from the organization agents on the ground.

The on-site training also focused on the optimum use of limited resources such as water. They train farmers on soil conservation, preserving soil fertility, and integrated pest management. These skills are important as they make agriculture affordable; skills such as that of pest management only require farmers to use locally available herbs to make herbicides.

Farmer training has been proven to be effective, on-site training gives farmers a chance to have a real-time experience of what they are being taught. On-site training also gives trainers a chance to localize their training to fit the local setting. Knowledge transfer is therefore more successful.



Business Skills training and Post-Harvest Management Training sees 110 farmers gain Knowledge

The training focused to support the farmers in Kangirega (30), Kaekunyuk (30), Nakabosan (30) and Namakat (20) farmer-groups with Post Harvest Management techniques, business skills as well as good agronomic practices skills.

The training focused on general crop production parameters, soil and water conservation, soil fertility, integrated pest management with a focus on identification of pest attacks at early stages as well as organic methods of control. 110 farmers from these groups benefitted from this training which used a unique model of learning by doing which facilitated the farmers know-how.



Amidst a ravaging drought, Napak farm provides a lifeline

Under the blistering Turkana heat at the foot of a dry hill with drying shrubs, lies a green blossoming farm full of activity and life. The sight creates a scenario of hope and despair.

On one section, life is wilting away while in another it is full of blossoming life.

We are in Napak Irrigation Scheme in Turkwel, Turkana County and farmers are in a joyful mood as they make their first harvest in years.

Here farmers are harvesting cowpeas, maize, watermelons, pumpkins and groundnuts.

The harvest comes at a time when Turkana County is experienced one of longest dry spells in years. With the drought already declared a national disaster by the National government, farms such as Napak that continue to produce food has managed to cushion the community against the adverse effects of the drought. Farmers are busy tending to their sections of the extensive land. Water from a nearby Turkwel river flows right in the middle of the farm. Farmers are busy harvesting while others are weeding while others are planting.

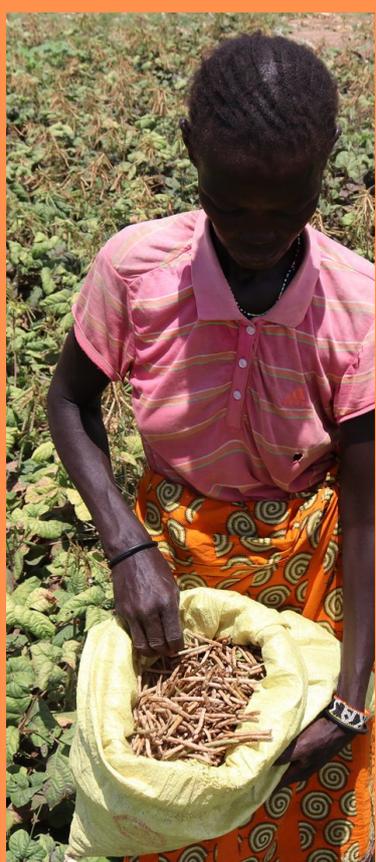
On her section of the scheme, Ann Emase is harvesting cowpeas beans which she says she planted four months ago. According to her, the farm has been a lifeline to the community. "We are way ahead and better off than other villages. We have food which we sometimes sell while others buy." The mother of five says her children now have food unlike in the past where they would be forced to skip meals in some days.



Emase Lokuda who is the scheme chairman has groundnuts ready for harvest on his section. As he supervises the rest of the farmers harvesting, he tells us the rehabilitation of the farm came at the most opportune time. "The drought is really affecting the people as food has become scarcer. This farm has truly given hope to the people. As you can see, we have maize being harvested while others are being harvested"

Napak is under canal irrigation and utilizes water from the nearby River Turkwel. The farm had been overtaken by the invasive prosopis juliflora plant and the irrigation canals which once brought life to the farm were dilapidated and needed desilting.

The farm roared back to life after intervention by PanAfricare IMPACT Program which supported the farmers to rehabilitate the farm and its structures. Through financial support from Bayer Fund, the Program also provided farm inputs and held training sessions for the farmers



WRUA Committees Formed and Trained

Water Resource User committees were formed in groups where the boreholes were drilled and where equipping continues. Each committee group had seven members.



During the implementation period, two of the groups were trained in WRUA group dynamics and water sources management.



Building irrigation infrastructure in Turkana



For farmers in arid and semi-arid regions, agriculture is a daunting task. Farmers must bear with harsh climatic conditions and insufficient water to that support farming. With changes in climate, water is becoming a scarcer resource. The short seasonal rains that used to sustain seasonal farms are gone leaving behind more food insecure communities. The prolonged drought that has now made Turkana County more food insecure.

The IMPACT Program has aggressively been building water infrastructure to strengthen farmer's resilience in the face of a drought. The Program has already rolled out several interventions such as sinking boreholes, canals construction and donations of water pumps.

Irrigation canals

Interventions such as canal construction or rehabilitation have been proven to bring enough water to the farms and increase a farm's productivity.

Through financial support from Bayer Fund, we have assisted farmers in Natirae Farm to rehabilitate the canal that used to fetch water for their farm; with poor maintenance, the canal had been overtaken by bushes and was filled with sand.

With rehabilitation complete on the 200-metre canal, the once-neglected farm sprang back to life. In three months, Natirae registered its first harvest in years.

Natirae is just one of many farms the Program supported to access water; the Program has also supported farmers rehabilitate and constructing new canals in Nadapal, Natuntun and Napak that benefit over 1000 farmers.

Boreholes

While irrigation canals are best suited for farms close to permanent water sources such as rivers, dams, or lakes, some farms are far from these permanent water sources, yet they have big potential of producing food.

Infrastructure such as boreholes can be built around these farms to reduce rain dependency. We have sunk boreholes in farms across the two wards of Turkana County (Katilu and Turkwel). Through solar power, the water is pumped from the underground to storage tanks above ground.

The boreholes have transformed the farms from seasonal farms to farms that produce food throughout the year. Taking advantage of underground water can be a solution to water problems that farmers in dry areas experience. Boreholes also provide opportunities to modernize the farms for example; setting up drip irrigation systems.

Borehole drilling is complete in Kangirega, Kaekunyuk, Nakabosan, Lolupe, Nyangaita, Nakoyo while equipping is continuing at Green Angels, Kaapus, Tiya and Nakitokirion sites.

Building water infrastructure around farms undoubtedly increases productivity.

Water pumps and pipes

The IMPACT Program donated two water pumps to farmers in Turkana South to help reduce the water burden. Pipes were also donated with the water pumps.

Farms such as the Green Angels in Katilu could only manage to farm a quarter of their farm as their water pump only had the capacity to irrigate that size. With a larger water pump and a storage tank constructed at their farm, the farmers now had the ability to expand.



Bayer delegation acknowledges the IMPACT Project's progress two years down the line

We are glad to have hosted a delegation from Bayer Fund who visited the project sites in both Katilu and Turkwel in Turkana County, Kenya. Thanks to the sole support from Bayer Fund, PanAfricare IMPACT Program is able to implement her projects.



Jimmy Kiberu, Bayer's Corporate Engagement Lead commended PanAfricare for the phenomenal success and impact made in the communities they work in.

"Bayer is about partnerships that aim to bring tangible solutions to communities. Bayer recognizes the contributions of PanAfricare, Turkana County Government, the people, and all other partners towards the success of this project.



IMPACT Program Chief of Party Dominic Godana thanked Bayer for funding the program saying PanAfricare remains committed to the goal of improving nutrition outcomes for pregnant women, lactating mothers, and children under the age of five.



"The IMPACT Program is about system strengthening. We are proud of the progress and partnerships we have built with our stakeholders in pursuit of the goal of ending malnutrition."

Anthony Maina, Head of Communication, Bayer southeast Africa Region said IMPACT Program is one of Bayer Fund's major projects in Africa aimed at empowering farmers in arid areas. "Health for All, Hunger for None is our vision at Bayer. As an implementing partner, PanAfricare has done a lot to improve the food situation in Turkana County. We are excited to see what has happened, the investments put into the project are clear."

The IMPACT Program was launched in 2019 with Bayer committing five million dollars towards the five-year project. The project continues to make impactful interventions as they build infrastructure around farms, strengthen the health system and build farmers' capacity.

The delegation included PanAfricare team lead by the Country Director and IMPACT's Chief of Party Dominic Godana, the Bayer team, and representatives of the Turkana County Government.

Lolupe women cashing in from vegetable farming

Lolupe farm is brimming with a variety of vegetables. At ten in the morning the farm is action packed. Women are busy watering the vegetables while others are harvesting.

The women are earning a living out their vegetables. While they consume some, some are being sold to community members in Turkwel local market and some supply nearby schools with the vegetables. Margaret who is the chairlady tells us expansion of the farm have been hampered by the lack of enough water. The water that they use is being shared by the farmers and the community.

For this reason, IMPACT Program as completed equipping an already drilled borehole next to the farm with solar panels, storage tanks and irrigation pipes.

The farm will have the capacity to expand from the current 2 acres to up to 20 acres. "We only grow crops on the rest of the farm during the rainy season as the water available is not sufficient to irrigate the entire farm." added Margaret.

The two-acre vegetable farm benefits 30 women. They grow spinach, saga, kales, managu, miroo among others.



Why we do this; Bayer explains their keen focus on Health and Agriculture



Over the years, the Government of Kenya and development partners have made significant efforts in addressing the myriad of challenges in health sector and the food system.

While these developments in food production, food access, consumption patterns, and access to health care services are impressive and should be widely acknowledged, there is room for much more to be done.

Bayer which is one of the world's leading innovative crop science companies in the areas of seeds, crop protection and non-agricultural pest control has been on the forefront in championing for improved health and food systems. Bayer's Corporate Engagement Lead, Jimmy Kiberu explains, "At Bayer, we're excited about the future and all its possibilities. Advancing health and nutrition is what we do best and care about most. The solutions we create will advance life tomorrow and help people and the planet to thrive. We believe we must strive for a better tomorrow, so we can all live life to its full potential."

On 3rd October 2018, in partnership with PanAfricare and Bayer, the IMPACT Program was launched in Turkana County. With US \$5 million financial commitment from the Bayer Fund, PanAfricare is implementing the Improved Approach to Community-based Nutrition (IMPACT) in Turkana County. The five-year Program aimed to advance a multi-sectoral integrated response to improve nutrition and access to healthy foods for mothers and young children in the County.

Through a three-component model, the IMPACT Program addresses both the underlying and systemic causes of malnutrition. The first model is a nutrition improvement model that seeks to scale up of nutrition-specific interventions to the target population by building the nutrition capacity of health service providers and ensuring adequate nutrition promotion at household level; Acknowledging that nutrition specific interventions alone are not adequate to eliminate undernutrition.

The second and third components address underlying causes of malnutrition through nutrition sensitive approaches specifically agriculture and water programs to ensure the targeted households have access to diversified nutrient rich foods.

The Program was targeted to benefit two wards of Turkana County (Katilu and Turkwel). The baseline survey conducted by PanAfricare indicated the two wards had a great agricultural potential and yet it registered very high rates of malnutrition among children especially those under the age of five. This is what necessitated the IMPACT Program being implemented in the two wards targeting the infants, pregnant women and those at childbearing age.

"At Bayer, Health for all, Hunger for None is our guiding principle. With people living longer and the population growing, everyone wants to stay healthy and have enough to eat. This is a huge challenge for the global community – and it's what motivates and drives us at Bayer." Said Anthony Maina, Bayer's Head of Communications Southeast Africa Region.

"In Africa we continue to work closely with stakeholders in agriculture and health sector. We are in the process of significantly increasing our activity in the region especially in the charitable sector. We believe it is a sector we must invest in to be successful in the coming years." He added. In the two years the IMPACT Program has been implemented, there is significant progress made.

Jimmy Kiberu adds "We believe investments made in Agriculture and Health in Turkana County will pay off. At Bayer every day we put our knowledge and skills to work on behalf of humankind, inventing and delivering products that help make life just a little better. That's essentially what we're all about."

Why exclusive breastfeeding is important

World over, expectant parents get bombarded with advertising from infant formula companies, while the promotion of breastfeeding depends largely on testimonials from other mothers and the endorsement of health professionals.

Breastfeeding proponents may not have any slick ads or a big advertising budget, but nothing has yet been manufactured by a man that can compete with the natural benefits breastfeeding can provide your baby, yourself, your family, and the community/nation at large. Did you know that the benefits of breastfeeding go beyond your baby? There are so many nutritional, developmental, and general health benefits to breastfeeding.

The benefits to the infant

- **Development of immune system:** Colostrum (the first milk) contains more antibodies and other anti-infective proteins that help to prevent bacterial infections and provide the first immunization against many of the diseases that are dangerous to newborn babies after delivery.
- **Reduced mortality, infectious morbidity, and hospitalization:** Breast milk especially colostrum is rich in vitamin A which helps to reduce the severity of any infections the baby might have. This, therefore, reduces the chances of the baby being admitted into the hospital because of illnesses. The risk of the baby dying from childhood diseases is also reduced significantly. Evidence has been documented which shows that ingestion of colostrum within the first hour of life prevents neonatal mortality by reducing the risks of hypoglycemia and hypothermia.
- **Gastrointestinal development and function:** Colostrum is a precious liquid that contains antibodies and other important substances that are important for intestinal growth. It is easily digested and efficiently used by the baby's body as the baby's organs are not yet mature to digest other foods.
- **Reduced risk of illnesses compared to formula-fed infants:** Human milk contains more whey proteins. The proteins contain anti-infective proteins which help to protect a baby against infection. Artificially fed babies may develop intolerance to proteins from animal milk. They may develop diarrhoea, abdominal pain, rashes and other symptoms when they have feeds that contain different kinds of protein.



The benefits to the mother

- **Reduced anaemia:** By putting the baby to the breast immediately after birth, postpartum bleeding can be reduced. Breastfeeding helps involution (contraction) of the uterus immediately after delivery, thus reducing bleeding, and may help to prevent anaemia. During breastfeeding, a hormone called oxytocin is released into the blood to help the milk ducts to contract and eject breast milk out. The same hormone works on the uterine muscles by making them contract. The contraction of the uterine muscles applies pressure on the blood vessels around the area where the placenta was removed, preventing them from oozing blood.
- **Delays next pregnancy:** The production of breast milk is usually under the influence of the hormone called prolactin. Frequent breastfeeding means the prolactin levels in the mother's blood will be high. High levels of the prolactin hormone in the mother's blood suppress ovulation and hence helps to delay the next pregnancy.
- **Protects against breast and ovarian cancer:** When a woman is breastfeeding, she experiences hormonal changes that may delay the return of her menstrual periods. This reduces her lifetime exposure to hormones such as oestrogen, which are linked to an increased risk of breast and ovarian cancers.

IMPACT Program establishes nutrition gardens for women groups in Turkana

The IMPACT Program constructed home cone gardens to support 200 women in the Program's project areas in Turkana County.

With the drought affecting most households, conventional kitchen gardens have dried due to a lack of water. "Most women here in Namakat had kitchen gardens that unfortunately have dried up because of the prolonged lack of rain in the area." Said Esther Ajikon, a mother and Community Health Volunteer in Namakat Village, Turkana South.

The number of people who can afford balanced diets in the areas has dropped due to the increase in prices of basic commodities such as vegetables.

The drought has not dried kitchen gardens but also big rain-fed farms that would usually provide a lifeline to the communities during lean periods.

"Food prices have gone up, women could sell vegetables from their gardens but that is no longer the case. We rely on vendors who get them from towns far from here." Added Ajikon.

Through the Program, Ajikon and other 200 women are beneficiaries of cone gardens established in their homesteads. The cone gardens come with storage tanks and irrigation pipes fitted onto them.



The irrigation system mirrors that of drip irrigation where slowly water drops on the root of the plants planted. Their economical utilization of water makes them suitable for water-stressed areas.

The cone gardens are highly productive compared to normal home gardens.

This is because there is a high concentration of nutrients and losses are minimal. The cone layers also allow crop diversification.

Vegetables such as spinach, cowpeas, carrots, and others can be grown at the different layers of the cones.

Once fenced, the gardens are easy to manage. Very minimal gardening time is required to operationalize it once it has been planted.



The gardens are already important sources of vegetables in the communities they were constructed.

Despite the absence of rain, the gardens have managed to produce healthy vegetables proving their reliability in dry environments and serving its purpose of increasing availability and the consumption of diversified diets in homes.

Cooking demonstrations bridge information gaps

The IMPACT program organized and facilitated routine cooking demonstrations within the community units as well as care groups to build the capacity of community members on how to cook these vegetables. The cooking demonstrations were necessitated by the fact that there was a gap in cooking the vegetable varieties distributed by the project.

Community members targeted lacked knowledge on standard cooking procedures as they were interacting with most of the vegetable varieties for the first time. A total of 160 women gained knowledge on how to cook the traditional vegetable varieties through participating in the cooking demonstration activities.



To help improve the diversity of foods consumed and finally combat malnutrition, PanAfricare IMPACT Program supported community members in Katilu and Turkwel wards with new certified seeds from a wide range of nutritious vegetables, sorghum, and other fruit seedlings. The vegetable varieties include Amaranthus, black nightshade, spider plant, cowpeas, among others. Some of the fruit trees distributed include bananas and mangoes.

Community members in these areas are interacting with most of the vegetable varieties for the first time and therefore, they do not know how to prepare and cook them to get most of the nutrients from the vegetables.

CHVs bringing health services to communities in remote areas



Livingstone Muya grabs his bicycle he received from PaAfricare's IMPACT Program and cycles to the nearest homestead where there is a five-month baby. He has three households to visit today.

Cases of child malnourishment in the villages he serves has been reducing but he has to conduct routine checks to ensure that management of existing cases is good and that any new case is referred to Muya's work is to ensure that mothers in his community have the right knowledge on the desired child feeding practices, breastfeeding times, he monitors children's growth and that clinic visits are adhered to. He also advises pregnant women on the diets they ought to be taking.

Credible Health and Nutrition information is important especially for pregnant women and lactating mothers.

Community Health Volunteers (CHVs) such as Livingstone Muya ensure information is availed to communities in the remotest places where health services are limited.

Because of such enormous tasks carried out by the CHVs, capacity building of the health volunteers is critical. Livingstone is one of the health volunteers who have benefited from numerous trainings by PanAfricare.



Enhanced Partnership through Project Site Visits and Information sharing

As part of this accountability to the County government of Turkana, a special joint monitoring visits with the Members of the Turkana County Assembly (MCAs) from respective wards was organized upon their request to the project sites. The visit was conducted for four days starting on the 20th and ending on the 23rd of April 2021. Some of the areas visited included, health facilities, home vegetable gardens, communal farms as well as water infrastructure facilities like bore holes and irrigation canals, among others.

The MCAs were impressed with the progress and urged the community members to own up the projects initiated by PanAfricare at the community.

Furthermore, the MCAs encouraged community members who are predominantly pastoralists to embrace crop production to break the cycle of malnutrition through increased access to a highly diversified diet.

Furthermore, a team comprising of staff from UNICEF Kenya, JICA Kenya and PanAfricare visited Napak Farm in Turkwel Ward. The team wanted to learn from the project some of the activities being implemented to improve farmer resilience and enhance food production which includes distribution of assorted farm tools, bush clearing, trainings on Good Agronomical Practices (GAPs), ploughing, distribution of certified seeds and canal desilting.

The team from UNICEF was led by Francis Kidake - Nutrition Specialist Lodwar Zonal Office and Stella Chepleting - Health Officer while JICA was represented by Shimizu Tadashi Project Formulation Advisor (Climate Change/Irrigation) and Ayako Mitsui - Engineering Consultant in Rural Development Expert.

The year also saw PanAfricare Hosting a Delegation from USAID Bureau for Humanitarian Assistance (BHA) delegation. The delegation were keen on visiting health and nutrition projects and most importantly, agri-nutrition projects to identify some of the best practices for possible scale up in the other parts of Turkana and Northern Kenya at large.



We were able to showcase the conical gardens technology implemented to improve the household diets. The visiting team from USAID included Soledad Rodgers- Bureau for Humanitarian Assistance (BHA) Kenya Team leader, Melanie Thurber - Regional Nutrition Advisor, Joseph Chege- Food Security Specialist, Emily Chao- Food Security Specialist and Robert Coyner- Information Officer

96 Focal Persons Trained on Training of CHEWs and CHVs on the Community Care Group (CCG) Approach

The CG approach is a community-based strategy for promoting behavior change. PanAfricare in close collaboration with the County Government of Turkana conducted a five-day training in both Loima and Turkana South Sub-County aimed at training participants on Care Group Model and implementation. Participants were drawn from the Sub - County and health facility levels as well as key community influencers (47 CHVs, 18 Nutritionists, four outreach agents, five SCHMT, and 22 CHEWs).

Community Care Group model is a model that PanAfricare is adopting to improve health responses. The model is also effective in the transfer of knowledge from health experts, to lead mothers and eventually to care groups.



Bicycles aiding health volunteers dispense healthcare to communities in Kenya

On a typical day, Gabriel Echakan would wake up and make a round visit to households with young infants under the age of five years close to his home.

Today it is a little different, he has a bicycle and a back bag containing a book register with a list of pregnant mothers, lactating mothers, and children under the age of five.

He also carries teaching cards that he will later use. Unlike in the past, Mr. Echakan plans to visit more households because he now has the means.



After a ten-minute ride to a homestead at the far end of his village, Echakan arrives at home with two women. One has a two-year baby while the other is expecting a baby in a few months' time. Echakan tells us the two are on his register and frequently visit the homestead.

They sit under a tree and Echakan administers a MUAC (Mid Upper-Arm Circumference) test on the child and records the readings on the tape. He then pulls out his learning cards and starts teaching the two women who keenly follow. His teaching cards have illustrations on breastfeeding techniques, feeding programs, and the nutritional needs of pregnant women. The session lasts 30 minutes and Echakan is ready to move to the next village about 20 minutes away.



"I am a regular visitor here, they all know me. My work as a Community Health Volunteer involves visiting homes, taking records, and conducting teachings. Thanks to the bicycles given by PanAficare IMPACT Program, I can conduct more visits. The records are very important because out of it we can monitor the child's growth and in case of severe malnutrition cases we can easily refer the child for specialized treatment."

In hardship and expanse areas such as Turkana County, healthcare facilities are few and far between. This makes it hard for everyone to access quality healthcare in a timely manner. Healthcare volunteers play very crucial roles in bridging the gap. They are immediate responders to emergencies and conveyers of important health information.

Through the IMPACT Program, PanAficare actively engages healthcare volunteers. Periodical training builds their capacity to dispense the right information.

Capacity building of Agriculture and Nutrition Outreach Agents as Training of Trainers (ToTs) on integrated agriculture and nutrition.

IMPACT Program trained the nutrition and agriculture agents on a variety of topics on agriculture and nutrition. This was geared to enable the agents to work as Trainers of Trainers (ToTs) in the subsequent implementation of program activities.

The training was facilitated by relevant Turkana County technical officers and PanAficare officers. The topics were chosen in line with relevant thematic areas and included; 1) Agriculture production 2) Water management 4) Agribusiness 5) Savings for business financing.



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