



# Annual report 2017

*Rural New Life Development Kenya*







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## About RUNELD

**Rural New Life Development Kenya RUNELD** is a registered community based organization that was started in 2005 by a group of young women who had just tested positive to HIV. The main purpose of the initiation of RUNELD was to offer the young women a forum for mutual support and empowerment, especially in the face of strong sentiments of stigma they each faced individually within their family setups,

The organization works in Rangwe constituency (sub-county) in Homa Bay county, western part of Kenya where HIV has had a traditional toll on the population since its discovery in the 80s. RUNELD is driven by the vision of an Empowered, healthy sustainable and productive rural families and is established to provide at a little or no cost to the client, best curative and preventive healthcare services that meet set standards by medical regulatory bodies in Kenya towards attainment of better health for all. Since its inception in 2005, RUNELD has been in the forefront in fighting HIV/AIDS among women and children in Rangwe sub-county and ensuring better access to clean water and preventive medical services through direct implementation and partnerships with the Ministry of Health.





## Section 1

# Project Information Oct 2017 - March 2018

1 Oct 2017 - 31 March 2018

Progress Report 6 months



<b>Partner Name</b>	<i>Rural New Life Development Kenya</i>		
<b>Country</b>	<i>Kenya</i>		
<b>Project Title</b>	<i>Decent Care Program</i>		
<b>Grant Amount (£)</b>	<i>51968</i>	<i>24 months</i>	
<b>Project Duration</b>	<i>From 1<sup>st</sup> Oct 2017 To Oct 2018</i>		
<b>Reporting Period</b>	<i>From – 1st Oct 2017 To 30 March 2018</i>		
<b>Beneficiary Numbers</b>	<i>Direct –400</i>	<i>Indirect – 200 women 3000 children and 400 men</i>	
<b>Contact Name</b>	<i>Samuel Juma</i>	<b>Position/Job Title</b>	<i>Program Coordinator</i>
<b>Contact Email</b>	<i>runeldruneld@gmail.com</i>		



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**4,000**

men, women and  
children have  
benefited directly  
and indirectly

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# Progress Report – Activities

## Project Aims





A group of women are seated in a room, likely attending a community meeting or training session. They are sitting on green plastic chairs. The women are dressed in various colorful traditional and modern clothing. The room has a tiled floor and a window in the background.

## **Aim 1**

**To improve psychosocial coping with HIV infection and positive test result among 200 young women in East Gem and East Kabondo locations in Rangwe sub-county**

## **Aim 2**

**To improve quality of lives and survival with HIV infection for 200 young women living with HIV in East gem and East Kabondo locations in Rangwe Sub-county.**

## **Aim 3**

**To enhance organizational development and programming capacity of RUNELD for more effective and efficient delivery of its services to the community, in targeted areas of project management, monitoring and evaluation and documentation.**

OVERALL OBJECTIVES (THESE MAY OR MAY NOT DIFFER FROM AIMS ABOVE)	PLANNED ACTIVITIES FOR THE PROJECT	ACTIVITIES COMPLETED THIS PERIOD
<p><b>To improve psychosocial coping with HIV infection and positive test result among 200 young women in East Gem and East Kabondo locations in Rangwe sub-county.</b></p>	<p>Train 3 community groups with practical knowledge on positive living, basic counseling and good nutrition.</p> <p>165 recruited</p>	<p>* Training new participants from three communities. community health workers, widows and young women living with HIV.</p> <p>* Continued to support the graduate group as they train others.</p> <p>* Training for new participants on basic counselling, nutrition, positive living and what steps to take next.</p>
	<p>Monthly decent care group meetings for young women living with HIV in 3 clusters within the two targeted locations</p>	<p>* Provided training for the groups on coping mechanisms, including stigma reduction, eliminating mother to child transmission of HIV, safe sex, reproductive health and rights.</p> <p>* Developing community-based care strategies for patients and small children, including orphans</p>
	<p>Conduct follow-up decent care home visits by trained decent care animators to further strengthen coping and positive living for the beneficiaries and provide high-calorie, high-nutrient food supplements to the bed-ridden and the malnourished.</p>	
<p><b>To improve quality of lives and survival with HIV infection for 200 young women living with HIV in East gem and East Kabondo locations in Rangwe Sub-county.</b></p>	<p>3 training seminars for young women in skills of starting and managing small businesses for improvement in household incomes and access to basics including nutrition and healthcare.</p>	<p>70 women were trained on marketing research, book keeping, Customer base approach, business location and marketing strategies.</p>
	<p>Provide small businesses start up funds to the young women trained in small business management through the established clusters to enable initiation of small businesses for better incomes at household level.</p>	<p>70 women provided with small start up kits for business</p>
<p><b>To enhance organizational development and programming capacity of RUNELD for more effective and efficient delivery of its services to the community in targeted areas of project management, monitoring and evaluation and documentation.</b></p>	<p>Capacity building of staff members.</p>	<p>Samuel Juma attended HIV Testing Services refresher training to meet the government requirement for better service delivery.</p>

ACTIVITIES COMPLETED TO DATE	COMMENTS
<p>Quarterly discussions with graduate animators group, new group and mothers of young children.</p> <p>Regularly discussing the importance of good nutrition.</p> <p>Monthly exercises on identifying common illness and knowing what steps to take next (home care or clinic)</p>	<p>* Increase in participants self esteem, voice and increase in healthy choices</p> <p>* We recruited some men in our program because we have learnt that some households are led by men who make final decisions in the households with regard to activities that we implement. For example budgeting, treatment choices and use of family planning. We believe that for communities to be healthy, both women and men need to be equipped with information.</p>
<p>* Created safe spaces for support and provide practical knowledge, inspiration, resources</p> <p>* Developed appropriate communication strategies to prevent the marginalization of affected households and helping the community to deal with the epidemic.</p>	<p>* Families are planning healthier meals and making weekly household meal plans.</p> <p>* Participants are able to engage in open conversations on a daily basis about healthy eating, safe sex and disclosure. Parents are involved in their children's lives and have time to interact with them be it at home or at school.</p> <p>* Households self-report on proper planning and budgeting. They are able to allocate their income on nutritious food and healthcare that prevent and treat common illness</p>
<p>Linked clients to health centres and clinics for support and health care services</p>	
<p>100 animators attended refresher course on Home base care/home visits, Treatment literacy, Counselling and Healthy eating.</p>	<p>Households are able to make well informed decisions about their health, well-being and that of their children.</p>
<p>Women enriched with skill and information on business management.</p>	<p>Increased production and family income. Better documentation and record keeping in their business.</p>
	<p>Better service delivery</p>



**70** women provided with small start up kits for business

# Narrative Section

## Introduction

### Decent Care Program Oct 2017-Feb 2018

Decent Care Program for HIV/AIDS-Affected and infected Women in East Gem and East Kabondo, Rangwe sub-county is a program funded by Egmont Trust. The program was initiated in August 2016 to support low-income HIV affected and infected women and their households including those receiving home-based care (HBC), and those who are at high risk. The initiative strives to ensure they are able to cope with positive test results and attain decent living through emotional, psychosocial, spiritual and physical care within their family setups. Decent Care package continued to expand its activities to benefit more rural women and children especially in contributing to women empowerment and community development. This was enhanced through trainings on: Food, nutrition and income security, rights awareness and leadership education, health, and HIV/AIDS, child growth and development.

This progress report illustrates community activities for six months(October 2017-March 2018). Through this period, we recruited new participants, organized introduction sessions and follow up meetings which were received well by the participants. We supported women to claim their right to quality health, to gain self-esteem, to be self sufficient, and to become leaders, among many other initiatives. We also supported Community Health Workers (CHW'S) to inform and influence crucial policy discussions.

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**The program was initiated in August 2016 to support low-income HIV affected and infected women and their households**





**The objectives of the program is to develop knowledge on nutrition, income generating skills and alternative livelihood for low-income rural women and children affected and infected by HIV/AIDS. As a result of the training, beneficiaries have acquired skills enabling them to increase production, hence improving their living conditions.**







We believe that health is a right not a privilege. Every person has the right to receive quality health. Through this program, 165 young girls and women are currently receiving training on coping mechanism and business skills through Decent Care package sponsored by Egmont Trust.

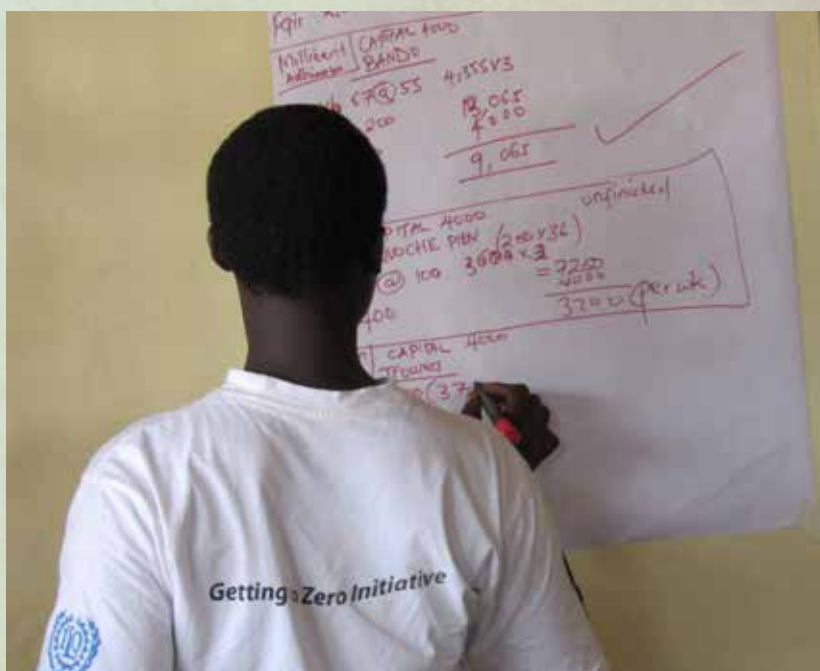
Beneficiaries received training in basic counseling. This activity increases assertiveness and confidence of HIV+ women and families who work together, share views and support each other; this helps minimize stigma and discrimination and leads to social acceptance. The decent care team in partnership with other organizations and community members worked hard to combat HIV infection among girls in Homabay through community-wide educational programs, trainings on sexual health and hygiene.

The program worked to build the capacity of young women and health care providers to deliver nutrition care and support to target groups, including antiretroviral therapy (ART) clients, pre-ART clients, pregnant and postpartum women with HIV. The program also collaborated with community members and the government in providing nutrition assessment, psycho-social support and counseling in the community.

Decent Care program began with an invitation by HIV support groups to teach households affected by AIDS about their condition and their bodies, how to eat better and take better care of their children and dependents and work together to overcome stigma and misinformation.

**165** young girls and women are currently receiving training on coping mechanism and business skills through Decent Care package sponsored by Egmont Trust.

The program had sessions that provided the participants with positive living trainings that promoted positive health behaviors, treatment literacy and communicated accurate and factual information, specifically about HIV/AIDS. The program ensures individuals are able to make well informed decisions about their sexual health and well-being.





# Our journey

## World AIDS Day 2017

The month of December started on a high note, this being the month that World Aids Day is celebrated globally. During this month, RUNELD Kenya attended a stakeholders meeting organised by the government in the sub county. The sub county Aids relief partners meeting was held at Rangwe Sub county Referral Hospital. The meeting was the beginning of a good partnership with RUNELD.

Decent Care Package through community mobilization action team was able to mobilize 600 community members to mark the day. 220 youth were reached with HTS services, HIV prevention messages and 1400 condoms distributed as well. 200 people living with HIV were reached with key (PWP) prevention with positive comprehensive care messages that day. 180 men were reached with prevention messages and (VMC) Voluntary Male Circumcision (7men) got the services. We worked in partnership with Plan International who distributed refreshments and bread to 100 children who had attended the event. On this day we also had the first 2016 group of Decent Care members graduate.



**600** community members mobilised to mark the World Aids Day





The Sub County and NASCOP committee heads applauded RUNELD Kenya overwhelmingly for the community support program. 2018 – subcounty health and STIs/Aids committee promised to establish a comprehensive care clinic at RUNELD Clinic. This will go along to support our committed members who go for the (CCC) comprehensive clinic care services at a Long distance.

After the great event, two weeks later, Decent Care organised a refresher training to equip its members on proper service delivery that will boost target group access to health and behavioural change at their respective communities.

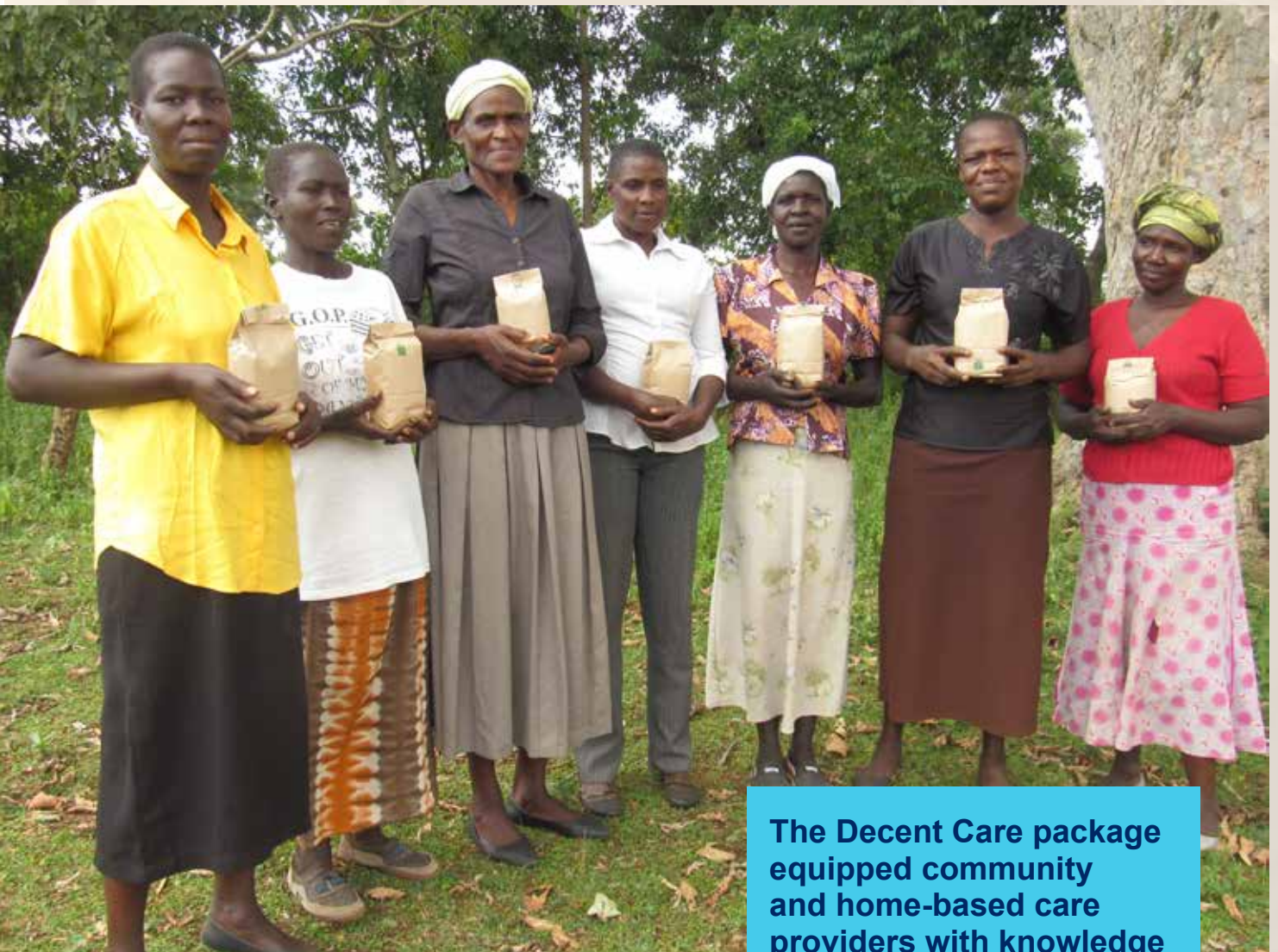
The Decent Care management and community volunteers worked tirelessly and were well organised in making the event successful.



## Home Based Care And Visits



Community and home-based care providers (Animators) were front-line workers in the support of people living with HIV. Their close contact with household members and the household environment offered a valuable opportunity for targeted nutrition care and support. The Decent Care package equipped community and home-based care providers with knowledge and skills to provide nutrition care as part of ongoing services for people living with HIV. Some of the information shared include relationship between nutrition and HIV; assessment of nutritional status; methods for improving food intake; management of HIV / AIDS complications; management of food and drug interactions; care for HIV-positive women and children; food and water, safety and hygiene; and principles of counselling and networking.



The Decent Care package equipped community and home-based care providers with knowledge and skills to provide nutrition care

## Experiences And Stories

### ***Bridge of Hope: JOYCE AUMA***

I am Joyce Auma 24 years old with four children, I got married when I was very young at 16 in my teenage, My friend introduced me to a man who was older than me during school holidays and the man told me that for him to show me his love, we have to get married and I thought marriage life was going to be sweet and fun but that was just for a short time.

I got to know my status when counsellors were conducting door-to-door HIV testing/ counselling; I decided to have a test and I was very surprised because I never expected a positive result. I later realized that I was in a polygamous relationship. My husband had multiple sexual partners.

I discovered that I was the third wife after having my four children. I was shocked to the extent of getting very sick and admitted in the hospital for several days. That time my husband was never there for me and even ran away from home. He later got tested and found out that he is living With HIV too. I thought of committing suicide twice but my conscience haunted me. My husband later come back to join us in our home. He is very weak and having the opportunistic infections very often but his ego and self-stigma is making him suffer even more. I have been trying to help him to go for treatment and join support group but still iv not been successful but am hopeful that he will accept and move on.

My greatest fear is a journey of raising my kids alone and the community stigma against HIV, single/widows women is very tormenting. I decided not to give up in life. My children are the source of inspiration/strength.

I love the choice I made to start treatment and joining RUNELD support group, which has really helped me to stay healthy, interact with others, and learn from my friends how to eat healthy. I now look healthy, stress free and happy.



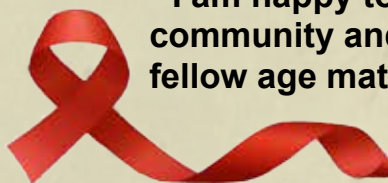
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**“I love the choice I made to start treatment and joining RUNELD support group”**

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## Hope despite the odds: CYNTHIA ATIENO



**“I am happy to be part of the change in my community and Health ambassadors to my fellow age mates and girls.”**

I am Cynthia Atieno 20 years old with two children ages 4 and 1 years. I came to know of my status last year (2017) when I went for the antenatal clinic during my pregnancy. My husband is a technician and his job is too demanding, making him go away from home to work for long period of time.

It really hurt me to learn that I am positive and I know that all this time I have been faithful to him it's not been easy to accept and move on, because I have to change a lot of things in my life including taking my medication on time without failure, using protection every time I engage in sexual act which sometime is not comfortable because am not used to it, I took the decision to enroll for medication at a facility about 7kms from home (ASUMBI HOSPITAL) because my friend once told me that I can get treatment early and not reach full blown Aids. She introduced me to one of Decent Care member who invited me to the group. I joined the support group later on 2<sup>nd</sup> October 2017.

My husband is still in self-denial, even after having the test that turned out positive and attending different counselling sessions. We however decided to use condoms. We often get condoms from RUNELD health facility and also during our support group monthly meeting. My baby and I all look healthy and no one can tell that both of us are HIV positive. I am happy to be part of the change in my community and Health ambassadors to my fellow age mates and girls. I am still hoping that my husband will enroll for the medication and join me in my support group. This will make it easy for both of us to live positively because we will learn together and take responsibility about our health and live longer to take good care of our children.



## Entrepreneurship training

**RUNELD conducted peer evaluation exercise with girl child organisation**



During this period, Decent Care conducted the entrepreneurship training for the three groups; Kabondo, Gem and kodera regions respectively. The training aimed at equipping participants with knowledge and skills in starting small businesses to boost household income for transformative and better livelihood.

Some participants shared their experience on how they started various businesses that failed due to inadequate knowledge and skills in operating the business, self stigma and community discrimination. On the same, a few members also shared how they succeeded but due to insufficient funds, they ended up consuming the profits for the many household needs.

The training package aimed at building the capacity to tackle these challenges and resolving them amicably.

In achieving better health and lifestyle, we are glad to report that greater partnership were formed. EGPAF Kenya and Asumbi Mission Hospital (ICAP) came on board. EGPAF has partnered with us to deliver HIV testing services to our community and clients. This will boost uptake of HTS services, reduction of stigma in the community. Asumbi Mission Hospital pledge to partner with us in improving uptake of ARVs and ART services which will be available to our community and clients starting this year.

**Entrepreneurship training aimed at equipping participants with knowledge and skills in starting small businesses to boost household**



## Capacity building and self care

Capacity building remains an important and valuable process among community workers, care givers and animators. The process enables them to strengthen their skills and gain confidence for positive impact. In the month of March the organization brought together all the staff to appreciate and acknowledge their work in their community. Through capacity building and self care staff members are able to achieve their full potential. During this time each group was able to share their journey in last six months and also challenges while working in the community.

### **Lessons learned**

**Through our discussions we noticed that women share the information with their families most especially their partners, this has led to many men requesting to join the groups. This year we managed to recruit a few men 10 in total and they are very happy and are taking lead to reach out to their fellow men.**

**Partners are coming on board to work with Decent Care. They are pleased with the work being done with the animators.**

**Cultural belief is still a major barrier when it comes to issues of sex and sexuality. The new participants are in fear of talking openly about their sex life with their partners. As much as our program is focusing on prevention and positive living.**

**Many participants still hold on to myths about condom use and family planning which is a major contributor of mother to child transmission and re-infection among positive people.**

**Among the youths many are having unprotected sex which has resulted to early pregnancy, early marriage and school dropout.**

**There is need for us to put more effort on reducing community stigma and create more awareness on the importance of self care and community support.**

### **Next step**

Decent Care program will continue to create safe spaces for support and provide practical knowledge, inspiration, resources and relationships to help AIDS-affected households in Homa Bay county to make the healthiest choices they can for themselves and their children

The program will continue to implement effective and inexpensive ways to deal with infection and poor nutrition by promoting good nutrition, hygiene, and food safety among HIV positive women. The program will provide entrepreneurial skills that will enable the women start and manage small businesses. They will finally be supported with repayable non-interest start-up kits to help them start their small businesses for income. This will help improve their household incomes leading to better access to nutrition and healthcare services among others.



The program will provide opportunity to HIV positive women to boost their immunity and delay disease progression, hence improving their survival time. Together with our many partners, Decent Care will continue to deliver for women and girls on, seeking equality for all

We are grateful for the support from Egmont Trust and the opportunity to restore health among people living with HIV and their Households in Homa Bay County . This has seen women gaining back hope, strength and joy.



## Section 2

# Project Information April -Oct 2018

April 2018-Oct 2018  
Progress Report 6 months

<b>Partner Name</b>	Rural New Life Development Kenya		
<b>Country</b>	Kenya		
<b>Project Title</b>	Decent Care Program		
<b>Grant Amount (£)</b>	Year 1	Year 2	
<b>Project Duration</b>	From 1 <sup>st</sup> Oct 2017 To Oct 2018		
<b>Reporting Period</b>	April - Oct 2018		
<b>Beneficiary Numbers</b>	Direct -200	Indirect - 450	
<b>Contact Name</b>	Samuel Juma	Position/Job Title	Program Coordinator
<b>Contact Email</b>	runeldruneld@gmail.com		







**OVERALL OBJECTIVES  
(THESE MAY OR MAY NOT DIFFER FROM  
AIMS ABOVE)**

**PLANNED ACTIVITIES  
FOR THE PROJECT**

**To improve psychosocial coping with HIV infection and positive test result among 200 young women in East gem and East Kabondo locations in Rangwe sub-county.**

12 monthly community meetings with practical knowledge on positive living, basic counseling and good nutrition  
200 recruited

12 monthly Decent Care group meetings for young women living with HIV in 3 clusters within the two targeted locations

**To improve quality of lives and survival with HIV infection for 200 young women living with HIV in East gem and East Kabondo locations in Rangwe Sub-county.**

24 Decent Care home visits by animators to further strengthen coping and positive living for the beneficiaries high-calorie, high-nutrient food supplements to the bed-ridden and the malnourished. Nutritional flour amaranth distributed  
Refresher training for 30 animators

6 month entrepreneurship workshops for 100 young women in skills of starting and managing small businesses for improvement in household incomes and access to basics, including nutrition and healthcare and 6 months training of sexual reproductive health, nutrition, health and positive living.

Provide small businesses start up funds to the young women trained in small business management through the established clusters to enable initiation of small businesses for better incomes at household level.

**To enhance organizational development and programming capacity of RUNELD for more effective and efficient delivery of its services to the community in targeted areas of project management, monitoring and evaluation and documentation.**

Staff/volunteers capacity building

Conducted of peer evaluation with girl child



<b>ACTIVITIES COMPLETED THIS PERIOD</b>	<b>COMMENTS</b>
<ul style="list-style-type: none"> <li>• Trained community health workers, widows and young women living with HIV on nutrition</li> <li>• Continued to support the graduate group as they train others.</li> <li>• Trained for new participants on basic counselling, nutrition, positive living and what steps to take next.</li> </ul>	<ul style="list-style-type: none"> <li>• Increase in participants self esteem, voice and increase in healthy choices</li> <li>• We continue to work with men in our program because we have learnt that some households are led by men who make final decisions in the households.</li> </ul>
<ul style="list-style-type: none"> <li>• Provided training for the groups on coping mechanisms, including stigma reduction, eliminating mother to child transmission of HIV, safe sex, reproductive health and rights.</li> <li>• Our single most important strategy is empowering women and guaranteeing their rights so that they can protect themselves from infection, overcome stigma, and gain greater access to treatment, care and support.</li> </ul>	<ul style="list-style-type: none"> <li>• Participants are able to engage in open conversations about healthy eating, safe sex and disclosure.</li> <li>• Parents understand the importance of being involved in their children's lives and have time to interact with them be it at home or at school.</li> </ul>
<ul style="list-style-type: none"> <li>• Developed community-based care strategies for patients and small children, including orphans.</li> </ul> <p>30 Animators went through refresher training to help with 2019 recruitment of new Decent Care member and start to help identifying women/men to be part of the program</p>	<ul style="list-style-type: none"> <li>• Households self-report on proper planning and budgeting.</li> <li>• They are able to allocate their income on nutritious food and healthcare that prevent and treat common illness</li> </ul>
<p>women were trained on marketing research, book keeping, Customer base approach, business location and marketing strategies.</p>	<p>Households are able to make well informed decisions about their health, well-being and that of their children.</p>
<p>Women provided with small start up kits for business</p>	<p>Increased production and family income. Better documentation and record keeping in their business.</p>
<p>Providing technical support to programs and partner organizations as well as facilitating internal and external information sharing and learning.</p> <p>To continuously enhance our and our partners' impact and programme effectiveness.</p> <p>Hosted Girl child for peer evaluation and it was a leaning experience for both RUNELD and the girl child</p>	<p>Better service delivery</p> <p>Better service delivery and M&amp;E</p>



**RUNELD marked the Candle Light Memorial Day where over 800 people attended**

## Decent Care Program April-September 2018

Decent Care Programme for HIV/AIDS-Affected and infected Women in East Gem and East Kabondo, Rangwe sub-county is a programme funded by Egmont Trust. The programme was initiated in August 2016 to support low-income HIV affected and infected women and their households including those receiving home-based care (HBC), and those who are at high risk. The initiative strives to ensure they are able to cope with positive test results and attain decent living through emotional, psychosocial, spiritual and physical care within their family setups.

Decent Care package continued to expand its activities to benefit more rural women and children especially in contributing to women empowerment and community development. This was enhanced through discussions and trainings on: Food, nutrition, business management, rights awareness and leadership, health, and HIV/AIDS, child growth and development.

**730** newly tested people for HIV  
**94** young mothers enrolled in  
**Decent Care Program**

The Rights Based approaches provide strategies for empowering young women. The goal is to give young women the power, capacities, capabilities and access needed to change their own lives, improve their own communities and influence their own destinies.

The program has helped young women living with HIV to amplify their voices, using strategies that promote their leadership and meaningful participation in all decisions and actions to respond to the epidemic.

**Objective 1: To improve psychosocial coping with HIV infection and positive test result among 200 young women in East gem and East Kabondo locations in Rangwe sub-county**

During this period Decent Care program reached out to 200 young women affected and infected as well households. This progress report illustrates community activities for six months(April 2018-September 2018).

Through this period, we organized follow up meetings and home visits which the community members and affected households received well. The program continues to support women to gain self-esteem, to be self sufficient, and to become leaders, among

many other initiatives. We also supported Community Health Workers (CHW'S) to inform and influence crucial policy discussions.

We believe that health is a right not a privilege. Every person has the right to receive quality health. The program has seen young women receive training on coping mechanisms, healthy eating and business skills and better planning and financial management. As a result of training beneficiaries have acquired skills enabling them to increase production, family income through sales of surplus; and alternative livelihoods.



The program continued to implement effective and inexpensive ways to deal with infection and poor nutrition by promoting good nutrition, hygiene, and food safety among HIV positive women. We had sessions on meal planning, storage and also meal preparation to ensure that families were eating healthy and spending less money.

During this period decent care program conducted 6 group therapies which were held in three clusters within Homa-bay County. The group therapies were aimed at equipping our members with knowledge and skills in coping with emotional trauma, care and support for the people living with HIV and AIDS. Recently there have been 14 cases of bed ridden clients within the sub county and mostly in families that are stigmatized for their status.



**At Candel Light Memorial Day people were educated on HIV prevention and got information on how to stay positive without discrimination.**



70 Members were trained on counselling skills and communication approach to help clients to realize their potentials and ability to deal with their emotions and challenges associated with stigma, self-esteem and respect for human rights. Majority explained that at times its very difficult to communicate well especially when helping stress related condition, sympathy has been the case always, so this time they resolve to empathize more and listening to clients, understanding their issues and responding to them amicably.

The decent care team in partnership with other organizations and community members worked hard to combat HIV infection among girls in Homabay through community-wide education programs, training and sexual health and hygiene training for at-risk girls within the community.

During the months of May/June we had great events that took place. One advocacy event on 18<sup>th</sup> June 2018 was well celebrated that is the International Candle Light Memorial Day-decent care program was able to reach out to the general public with prevention messages, sensitization on reproductive health, sexual decision making, condom use and family planning and stigma reduction amongst the people living with HIV. The event attracted about 500-750people that day, there was great entertainment, which was done through cultural dances and music, and public address system, which pulled a great mass of people. The target was to reach out to people with HIV and testing services as a way to promote healthy living and stigma reduction.

About 200people got the opportunity to know their HIV status that is women between 18-35 were the majority one hundred and ten were tested that day and unlike men in the same bracket testing ninety one. The gender disparity when it comes to service uptake come into play and this showed that more sensitization on health service needs to be promoted. Out of the two hundred and ten who come for the HTS services only 10people who had been tested positive and this was known cases and some had requested to be involved in our support groups. 2500 male condoms were distributed that day respectively. The demand for condoms in the region has really grown recently and it's alarming since our facility can only facilitate for its members. As a program we are planning to request for more condoms for the deficit we are experiencing and further more our focus will dwell more on behavior change communication and sex education outreaches amongst youths.



**Objective 2: To improve quality of lives and survival with HIV infection for 200 young women living with HIV in East gem and East Kabondo locations in Rangwe Sub-county.**

Life for HIV infected women is never easy; they manifest profound physical and psychological consequences. Women bear a 'triple jeopardy' impact of HIV/AIDS: as person infected with HIV, as mothers of child, and as carers of partners, parents or orphans with AIDS . Women living with HIV/AIDS (WLHA) are at particularly high risk of living a painful,

shameful life of exclusion . Many have been rejected from their family, friends and partners, others have lost their lives and have been unable to live their life .

In spite of the burden of disease Decent care continued to open safe spaces for young women to share and raise their issues to bring healing and hope. Since it was first identified, HIV/AIDS has been linked with 'sexual misbehaviour' and 'promiscuity' contributing to the high level of stigma and discrimination associated with it. Women are often even more susceptible to the stigma associated with HIV/AIDS and are frequently referred to as 'prostitutes'. Discrimination for women can dispirit them from seeking vital medical and psychological care they need during the illness. HIV stigma in women is associated with rejection from friends and family, society, feelings of uncertainty and loss, low self esteem, fear, anxiety, depression and even suicidal ideation.

The program worked to build the capacity of young women and health care providers to deliver nutrition care and support to target groups, including antiretroviral therapy (ART) clients. The program also collaborated with community members and the government in providing nutrition assessment, psycho-social support and counseling in the community.

**60 Decent Care Members benefited from nutrition support and 300 indirectly in their households**



The sessions helped the participants to understand about their condition and their bodies, how to eat better and take better care of their children and dependents and work together to overcome stigma and misinformation. The program had sessions that provided the participants with positive living trainings that promoted positive health behaviors, treatment literacy and communicates accurate and factual information, specifically about HIV/AIDS. The program ensures individuals are able to make well informed decisions about their sexual health and well-being.

During this period Decent Care Package -was able to link 30 clients to care and treatment to Asumbi mission hospital which is 15km away from the site. There have been a rising number of defaulters within our region due to the distance clients cover to go for various screening. Through partnership with community volunteers they helped us to track clients that had defaulted for support. Asumbi mission gave us a courtesy call on site whereby we had a discussion on how to work together in strengthening partnership as we revisited the talk on the need to support a comprehensive care clinic to help serve 5000 people living positively altogether.

We also received 200 HIV test kits from Rangwe sub county and other consumables this boosted our VCT services, our services have been really appreciated by the community we reported 70 new testers majority being male gender. Condom uptake also has risen from 300 condoms given to 400 condoms daily. ST. Teresa health centre in collaboration with RaRiw Dispensary organized a community outreach at OYUMA market on 13<sup>th</sup> July 17, 2018 which was very successful we got an invitation to attend and our support group members 24 out of 56 who were present that day got the cervical cancer screening, some came with their partners for HIV testing and we were able to record 4 discordant couples.

## Home based care, visits and support groups

Community and home-based care providers were front-line workers in the support of people living with HIV. Their close contact with household members and the household environment offered a valuable opportunity for targeted nutrition care and support.

Decent Care package equipped community and home-based care providers with knowledge and skills to provide nutrition care as part of ongoing services for people living with HIV. Some of the information shared include relationship between nutrition and HIV; assessment of nutritional status; methods for improving food intake; management of HIV /AIDS complications; management of food and drug interactions; care for HIV-positive women and children; food and water, safety and hygiene; and principles of counselling and networking.

The main target beneficiaries were young women whose main challenge was shortage of food and stigma. As a result of distribution of nutritious porridge flour, they were able to boost their immunity and also better their health.

Support groups offered supportive environment for women with HIV to express their suppressed feelings in the company of women in the same situation. It also facilitated the sharing of strategies for securely disclosing HIV status, build a network of friends to socialise with and provides emotional support. Through the support groups women have become empowered to value themselves and their life and make small steps to improve their life both emotionally and physically.

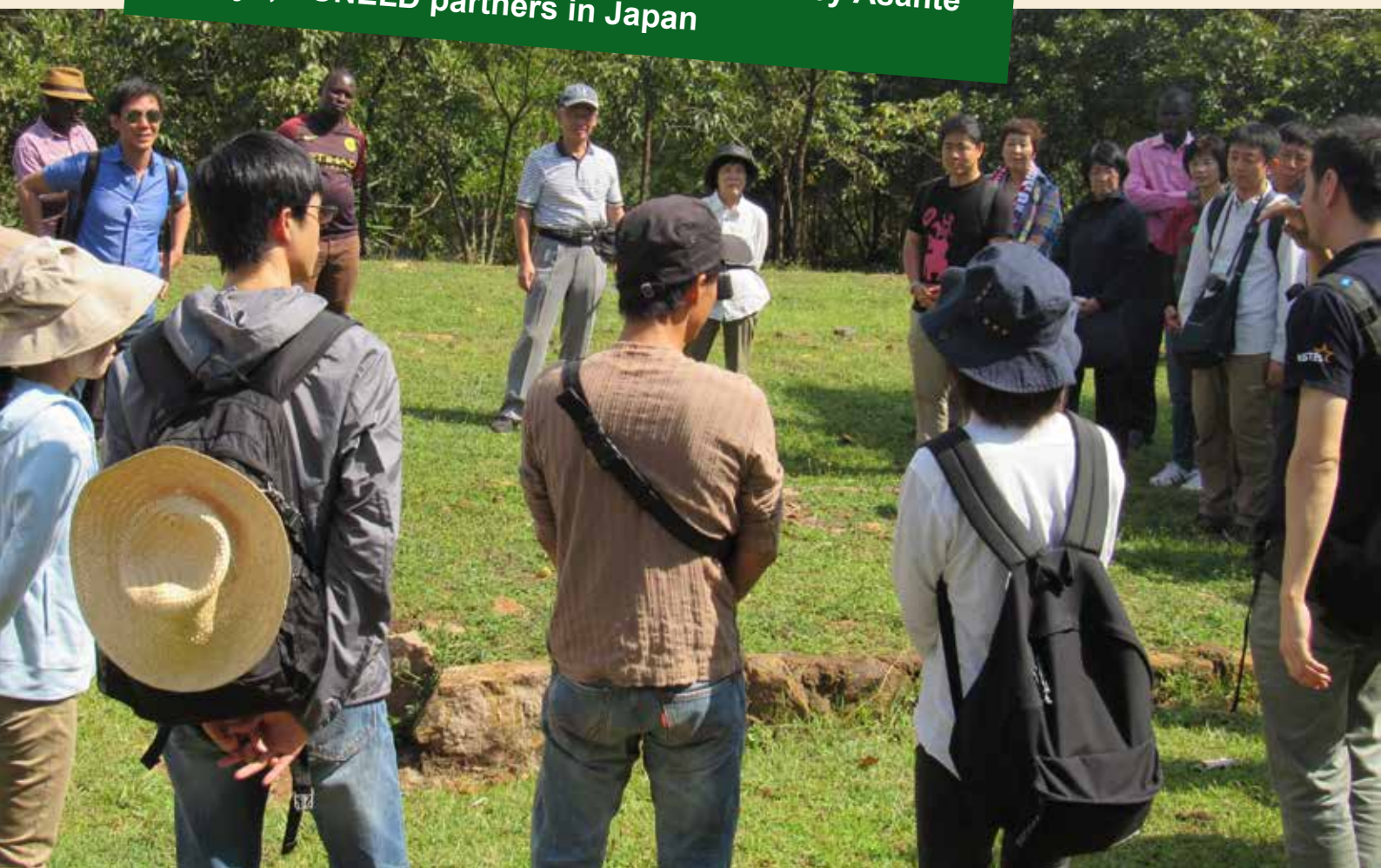




**5260** male  
condoms distributed!



**RUNELD conducted a free medical camp in September 2018! The community got free medical care services and more than 300 women were screened for cervical cancer. This medical camp was supported by Asante Nagoya, RUNELD partners in Japan**





## Entrepreneurship training

During this period, Decent Care conducted the entrepreneurship training for the three groups; Kabondo, Gem and Ombek regions respectively. The training was aimed at equipping participants with knowledge and skills in starting small businesses to boost household income for transformative and better livelihood.

Decent Care continued to support the young women, train the groups and help them to decide on the kind of businesses they will run – probably in food preparation or vegetable gardening – and work with them on their business plans. Once this preparation was done, we provided each group with start up money.

Business start-up kit has grown in terms of beneficiaries from 60 to 90 members doing business and is active. As at now we intend to continue supporting the families to increase household income healthy household and healthy lifestyle. In direct beneficiaries is at 450 children and 90 adults.

Although the women are well and want to support themselves and their families, alone they can rarely do more than survive from day to day. However, with some investment, training, and business start up kits, they have been able to set up viable businesses, plan for the future, and support their families.

In achieving better health and lifestyle, we are glad to report that greater partnership were formed. EGPAF Kenya and Asumbi Mission Hospital (ICAP) came on board. EGPAF has partnered with us to deliver HIV testing services to our community and clients. This has enabled us boost uptake of HTS services, reduction of stigma in the community.

**Objective 3: To enhance organizational development and programming capacity of RUNELD for more effective and efficient delivery of its services to the community in targeted areas of project management, monitoring and evaluation and documentation.**

In the month of August RUNELD had the opportunity to host Girl Child from Matunda for peer evaluation program. The visit was Highlights (Experiences and stories)

## Experiences And Stories

### *A place to heal: Devine Adhiambo*

My name is Devine Adhiambo, I am 26years old, I was once married but things didn't work well in our relationship with my then husband, we were blessed with four kids. I love my children very much and my life too. Many times I had people and friends talking about certain diseases like infections and opportunistic infections and often didn't bother getting to know about it because I was so naïve and shy talking of such issues. We use to fight a lot with words and at time my husband could abuse me physically and brutally beat me up. I was fed up and couldn't take it no more so took the matter to my parents in law to discuss on how to solve it because I felt my family and children were hurting too. It wasn't easy to settle the differences, my husband was drunkard and wanted to add a co-wife which didn't go well with me because I couldn't relate or rather understand his reasons well. So to keep my family together I made up my mind to give in to pressure for the sake of my children. Six months later, my husband fell sick. He was diagnosed with Tuberculosis and later with meningitis, his health deteriorated and he later died. My sister advice me to go for HIV screening and that's when I got the shock of my life my test result was positive.

I cried and got confused not knowing how to move on but I got linked to health facility for care and treatment and got a community health worker to talk to. I stayed indoors wanting to die, I tried suicide, self poisoning but all was in vain, one day I really felt so sick and thank God the health worker came to my rescue she took me to the hospital and refereed me to a counselor. Four months later I got the privileged to join Runeld support group where I was taught a lot about prevention and psychosocial support and Entrepreneurship. I was happy to find other women who were very supportive and welcoming, warm and didn't shy talking about their personal life, which made me to open up my life and later on I felt part of the family. I feel empowered and supported for the last 9months now. I have battled with HIV for 3years and I have grown to be an ambassador against Stigma and discrimination. I urge anyone who is still in denial to come and join the team support and forever you will never be the same again.





### ***Eunice Adhiambo***

My name is Eunice Adhiambo and I am 24 years old, I am happy and privileged to share my story in this journey of HIV and how I overcome the battle. My life has been a journey with a lot of pain and suffering, during my teenage hood I use to love music and dancing too. I was my mothers' favourite girl and a joy to the family. I had a dream of one day becoming a nurse after my education. I was very responsible, neat and obedient until I met my first boy friend Andrew. Andrew was very mature, focused and responsible strong willed guy, I fell in love with him and I couldn't resist his kindness and caring touch. Few months my parents started complaining about how I was coming home late and my bad attitude towards helping in household chores and everything about me had changed from good to worse. I made up my mind to move to Andrews place and start staying together as husband and wife.

Three months later I got pregnant and shared the news with Andrew hoping to celebrate together but he wasn't happy about it saying he's not ready for a child now, to cut the long story, he advised me to terminate it but I was so confused and worried about it and especially the dangers involved. So to save our relationship we went for traditional herbalist to do the abortion. The process was painful and risky because I was bleeding continuously until my body was numb. After two hours they woke me up and told me it's done. Two weeks later I fell so sick and I started having some abdominal pains, I was rushed to a nearby health centre for further treatment. Various tests were done and among them HIV which revealed that I was infected and my womb had infection and that I would no longer be able to carry a child in future due to those complications. Andrew was asked to get tested for HIV but refused and decided to leave me at the hospital all alone. I called my parents to come for me in the hospital and I thank God they came for my rescue. It is 2years now living positively, I go for my ARVS and treatment after every two weeks and I joined RUNELD support group which has really helped me to overcome self stigma and discrimination. I got business startup capital to start my business and I have really achieved a lot. I am now married again to a widower whom I met in the support group he has 5 children and I am happy to raise them as my own. I thank Decent Care program for giving me an opportunity to grow and develop a positive attitude when I lost all hopes.



**“I am happy and privileged to share my story in this journey of HIV and how I overcame the battle.”**

**Eunice Adhiambo**

## **Benter Akinyi**

**My name is Benter Akinyi am happy today for the opportunity to share my story with you, I'm twenty Three years old. I like playing football and netball, dancing and listening to gospel music. My big dream was to finish my secondary studies and later join a medical training college and become a nurse. I gave my best and finished my secondary schooling however, didn't make it for collage due to lack of fees. I really tried to raise my school fees through informal work but it didn't work eventually met a good guy who was so caring and was willing to help me out, he was married and had a family with three children. He offered to take care of my needs fully and he was willing to do anything for me. I was so naïve not knowing that I was getting into a trap, the guy was so loving and understanding until I was convinced of early marriage and being the second wife. We stayed together and I got pregnant for him and I never had any complications with the pregnancy so I didn't see any need of going for the antenatal clinics instead, I use to visit the traditional herbalist for massage and rituals. So in my last trimester of the pregnancy I developed a complication I had an infection and my husband took me to the hospital for check up and after doing various tests including HIV, it was found that I was infected with a sexual transmitted infections and that I was HIV positive too.**

**My husband's test result was negative so the counselor advised we go for further examination with my husband since it was hard to understand more about Discordant/ discrepant results. That day felt so low, confused, and disappointed and wish I could die, my husband was wild and threatened to kill me with my unborn child and that I move out of that house because I had an intention to infecting him with the virus. That was the end of my marriage and I became stressed up and decided to walk back to my parents' home which was 26kilometres away. On that day is when I gave birth to pre-mature baby and he was infected too because I was away from the hospital, a Good Samaritan came my way and helped me deliver without any gloves, that man risked his life for me and my child, he housed me until I recovered. As I was staying in his house he narrated to me how he lost his wife and child through a road accident and that he didn't see the need of marrying again. To cut the story short we decided to go for the HIV test together before having other plans of start living together. We found out that we are all HIV positive and that was a great turn around to support one another. We are happy and complement each other a lot and we are now married with two children. We go for care and treatment, support group at RUNELD health centre as a couple. I am empowered with skills and knowledge on HIV and entrepreneurship, am doing grocery and fruit business and it has boosted our income. Thank you**





## Lessons learned and Findings

- Discrimination against young women living with HIV means that they remain extremely vulnerable, and battle against the odds to find work.
- Partners are coming on board to work with Decent Care. They are pleased with the work being done with the animators.
- Many participants still hold on to myths about condom use and family planning which is a major contributor of mother to child transmission and re-infection among positive people.
- Among the youths many are having unprotected sex which has resulted to early pregnancy, early marriage and school dropout.
- There is need for us to put more effort on reducing community stigma and create more awareness on the importance of self care and community support.
- The youth also require comprehensive sexuality education and access to effective HIV and sexual and reproductive health services without economic barriers, such as prohibitive costs, or structural barriers, such as parental consent laws



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## **1250 women hoped to benefit from Decent Care!**

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### **Next step**

Decent Care program will continue to create safe spaces for support and provide practical knowledge, inspiration, resources and relationships to help AIDS-affected households in Homa Bay county to make the healthiest choices they can for themselves and their children.

DCP will work extremely closely with the Homa Bay micro and small enterprise development offices as they will be essential to the success of the businesses. We will continue to support each group throughout the two years of the programme, helping it to run smoothly, to connect with markets, and assessing and monitoring progress.

Decent Care hopes to benefit 1250 women. Long term, the women will be able to support their families, including being able to provide shelter, send their children to better schools, and enjoy better health. Indirectly, the project will reach almost 400 people.

The program will provide entrepreneur skills that will enable the women start and manage small businesses. They will finally be supported with repayable non-interest start-up kits to help them start their small businesses for income. This will help improve their household incomes leading to better access to nutrition and healthcare services among others.

We hope to strengthen our networking strategy because we believe networking occurs when organisations having similar interests come together and agree on common strategies for

solving common problems or addressing common needs. Through the network we envision to work together in order to advocate on a common cause like influencing government/social policy that promote the health of young women living and affected by HIV in the society. Networking therefore serves as one of the important tools for advocacy in HIV & AIDS mainstreaming.

We are grateful for the support from Egmont Trust and the opportunity to restore health among Households in Homa Bay. This has seen women gaining back hope, strength and healing.

With the support of financial aid from Egmont Trust, Decent Care continue to develop best practices for young women living with HIV in this regions to enhance the quality health, care and end stigma.



## Appreciation for transformative EGMONT Trust

We are very grateful for the partnership formed by the livelihood support grants.

Your sacrificial giving and dependable support has not only enabled poor and extremely vulnerable heads of households put food on the table and meet family needs but has also given them a voice in their community and restored their dignity as well.

*Thank you*



Elias Odonda Board Member



**2016/2017 Decent Care  
pioneer graduants**



## Training of girls on how to make re-usable sanitary towels



There is need for us to put more effort on reducing community stigma and create more awareness on the importance of self care and community support.



**Rural New Life Development Kenya (RUNELD)**

Contact us : Tel: 0721 943 117 or 0723 338 186 Email: [runeldruneld@gmail.com](mailto:runeldruneld@gmail.com)