

# 2019

## End Year Report

### Stichting KOP



macheo

### How your support helped Serena.

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Serena (*not real name*), is an energetic teenage girl with the zeal and a hope to address the needs of her child and future, often finding that despite living frugally. Notwithstanding, Serena was going through a lot, she has made sacrifices for the sake of her child in order that they both should have the best possible upbringing she can offer, by nurturing her child.

Meet Serena, a 17-year-old teenage mother who hails from the Kiandutu slums. Being the second born in a family of six, and having basic necessities for her family was a terrible since her father was alcoholic and never bothered about their wellbeing. He always came in the odd hours of the night deeply under the influence of alcohol.

For Serena, seeing her father drunk was such a shame and she found it difficult to face the reality about her father. Her mum, Sofia, played a double role; that of a father and mother. Life was difficult to survive under the mercy of the neighbors when their situation escalated and they couldn't have anything to eat for days. To be raised by a mother who only depended on casual jobs and a father who paid little attention to his children was a big challenge for Serena. She recalls one day when her

mother offered to stay hungry for a day and let them eat the only little food that was there. Serena's mother carried her poverty with little enough to get her up on her own two feet.

"I felt pressured and dropped out of school to find work and I tried, though it was nearly impossible. I eventually got pregnant after a guy took advantage of my circumstances when he promised to help me out of what I was going through at the moment. The saddest part was that my mum chased me away after learning I was pregnant," she says.

When Macheo's social worker identified Serena, she was living with an old grandmother who had offered to support her. Serena was feeling depressed, and was seven months pregnant. She had never attended clinics for lack of information on antenatal care and had not prepared for delivery for lack of money to buy baby's clothes. Macheo immediately supported her with counselling since she was going through emotional instability. After a few days of help she was able to gain emotional stability. Macheo service provider accompanied her to visit clinics where she was attended to and provided with relevant information in preparation for her delivery. In addition, Serena was provided with baby clothes in preparation for her delivery. The Macheo service provided further took the initiative to reach out to Serena's mother and reunify the family. Serena was happy to not only reunify with her mother and siblings but also to deliver safely a beautiful baby girl named Blessings. Macheo also supported her with formula milk during the time she was doing her exams. Serena and her daughter have enjoyed warmth, love care that has enabled her go back school and complete her studies. She managed to complete her primary school, joined high school this year and hope to advance and give the best to her child.

"I do know that there are even many people worse off now than me, but until you experience this long-term poverty and situation I went through, you can't really understand how it devastates your ability to function and robs you of your health from the stress, the instability, and the lack of ability to eat healthy," Serena says. "I do my best, and still I am grateful for the basic things in life and for Macheo who supported after going through a tough time of emotional instability. The care and support I received made me get back my strength and stand on my own two feet," she adds.

## **MOTHER AND CHILD CARE**

### **Introduction**

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In rural and urban slums, pregnancy and childbirth are events of great significance, as well as a time of intense vulnerability, in the lives of women and families. In addition, socio-cultural practices may limit the resources available to pregnant women, resulting in adverse health consequences. The government of Kenya has introduced a healthcare package called Linda Mama which is meant for expectant mother who cannot afford to pay for healthcare services. Though it's still a challenge for rural and slums vulnerable people to access this services because of lack of information. Macheo is linking the vulnerable families with Linda Mama.

With your partnership, Macheo works to improve access and delivery in health facilities for pregnant women, building linkages for family planning options and empowering women on issues of reproductive health. We encourage pregnant women to seek prenatal care, promoting nutrition for mothers and children, and ensuring that babies receive the recommended vaccinations at the right time.

### **Overview**

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During the reporting period we did it by engaging mothers and their households. At the household level, we counsel mothers on disease prevention, early detection of danger signs and seeking prompt treatment to avoid preventable deaths and to support improved maternal and child health outcomes.

### **Priority Activities**

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1. **Medical Support:** Most vulnerable mothers cannot afford medical care especially expensive drugs, tests and scans prescribed by the doctors. With your partnership, we supported mothers to buy and seek medicine care, assisted children with formula milk and baby clothes while we also supported their mothers to attend clinic for immunization.
2. **Home Visits:** We conducted home visits to make follow ups and assess the client's wellbeing for any health problems among mothers and newborns that required immediate attention.
3. **Family planning activities:** We provided **13** mothers with linkages to government facilities for affordable family planning for our beneficiaries. The mothers were given information on family planning and methods.
4. **Seminars:** we help **23** seminars that were geared towards addressing the delays that women face in achieving timely and effective maternal health services. We address the challenge of delays in seeking health services and how best mothers can improve the wellbeing of their children through timely care.

### **Outcome on rating**

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Total number of beneficiaries year to date – 65

## **KICK START**

### **Introduction**

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Early reading and writing skills are important in order to develop and succeed, both in school and later on in life. Giving children the tools to write the words they are reading is a major step to improving their literacy. Building their confidence in these abilities at a young age starts them on the path of being lifelong readers and learners.



During the reporting period, **56** children were supported with the foundation basic skills in reading, writing, and math. The children have been able to do well in every area of learning at school and in life.

### **Achievements**

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We have continued to support children who have further made it to advance in their primary education. Those that had difficulties in reading and writing have made it to record great improvement and we are hoping that they will continue to achieve towards their education.

## **FACILITATE MALNOURISHMENT**

### **Introduction**

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Malnutrition contributes to high rate of childhood morbidity and mortality. Children who are highly at risk from this menace are those who are affected by poverty. With almost half of the population of Kenya living in poverty malnutrition is one of the leading causes of death in children. The high prices of food, heavy rainfall that has destroyed crops and poor feeding practices have contribute to malnutrition.

### **Overview**

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Macheo has continued to focus on first one thousand days of a child life because it's a unique period where foundations of optimum health, growth, and neurodevelopment across the lifespan are established. Malnutrition weakens this foundation leading to severe health complication, mortality and loss of neurodevelopment potential. It's a window of opportunity that Macheo mainly focuses on by providing proper nutritional services and medication. We have also trained our clients on nutrition and also assisted them to set up a kitchen garden.

### **Activities**

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1. **Feeding:** We fed the malnourished children with nutritious food. Macheo professional registered Nutritionist regularly checked diets to ensure we are feeding the Malnourished with nutritious food. We also engaged the children in play activities to stimulate their brains.
2. **Seminars:** During this quarter we conducted seminars to the mothers of the children we identified to be malnourished. In these seminars we focus on empowering mothers with information on health, importance of baby's stimulation, savings and family planning.

3. **Home visits:** Home visit were done to check on the the progress of the moul nourished children. We also assisted some of the families to set up a kitchen garden to improve their health status.
4. **Hospital follow ups:** Through your support we were able to take children with severely malnourished children to hospital to receive proper treatment. With your support we were also able build network with government hospital which is now providing us with micronutrient supplements that we give malnourished children.

### **Outcome on rating**

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Total number of beneficiaries' year to date - 109

## **CHILD PROTECTION**

### **Introduction**

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The Macheo social workers and community at large continued to refer child abuse and neglect cases for protection services. Through Macheo service provider, different measures were taken to help the victims seek legal justice through litigation while more was done to avert further escalation of abuse. This has ensured that children live a happy life and in a friendly environment. The communities were however encouraged and supported to speak up for children's rights and to take an active role in the protection of children against abuse, violence, exploitation and discrimination.

### **Achievements**

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Over this period, Macheo supported evidence based work that generally contributed to learning and implementation of innovative approaches to child protection. These initiatives involved strategic partnerships with child protection actors hence contributing to a larger audience committed to delivering results for children.

As a result, **68** children were assisted and protected from all forms of violence and abuse. Depending on the nature of the case, specific actions were taken to assist the children.

The following is an outline of the cases against the number of children that were assisted;

<b>#</b>	<b>Type of Abuse</b>	<b>No. of Children Assisted</b>
1	Emotional abuses	20
2	Neglect abuses	21
3	Sexual abuses	12
4	Physical abuses	10
5	Child labor	6

## **COMMUNITY SENSITIZATION**

A total of **110** adults were sensitized on child rights, this was done through school parents meeting, and community gathering and organized groups meetings. This has prayed a big role on community ownership/involvements, prevention, referrals and collaborations.

## **PSYCHOSOCIAL SUPPORT**

### **Introduction**

Macheo is committed to increasing children's protection against violence, abuse, exploitation and neglect, and to support children's recovery when these violations do occur. We are focusing our efforts on helping the most vulnerable children in Kenya through promoting measure and initiative that helped to reduce their vulnerability in harmful situations.

### **Overview of Jan – Dec 2019**

During the reporting period, a total of **166** individuals with counseling sessions. Through the intervention, the children and their families benefitted with knowledge and skills on how best to cope psychological stressors therefore enhancing their emotional, social and physical wellbeing.

### **Financial Report**

Stichting KOP Financials Jan-Dec 2019 Financial report										
	Age appropriate school access (Kick start)		Facilitate malnourishment interventions		Assist mothers in child care		Child protection		Psychosocial support	
	Actual	Budget	Actual	Budget	Actual	Budget	Actual	Budget	Actual	Budget
	Kes									
Donation KOP	677.669	675.000	508.252	506.250	406.601	405.000	203.301	202.500	609.902	607.500
Donation other sponsors	-	-	2.585.025	2.347.188	1.578.670	485.438	1.400.347	735.750	3.706.866	3.173.459
<b>Total Donation (Jan-Dec 2019)</b>	<b>677.669</b>	<b>675.000</b>	<b>3.093.277</b>	<b>2.853.438</b>	<b>1.985.271</b>	<b>890.438</b>	<b>1.603.648</b>	<b>938.250</b>	<b>4.316.768</b>	<b>3.780.959</b>
Expenses	669.345	670.233	3.038.465	3.054.928	1.985.271	2.057.705	1.603.648	1.778.542	4.316.768	4.341.768
<b>Balance/financing gap( Jan-Dec 19)</b>	<b>8.324</b>	<b>4.767</b>	<b>54.812</b>	<b>(201.490)</b>	<b>-</b>	<b>(1.167.267)</b>	<b>-</b>	<b>(840.292)</b>	<b>-</b>	<b>(560.809)</b>

Stichting KOP Financials Jan-Dec 2019 Financial report										
	Age appropriate school access(Kick start)		Facilitate malnourishment interventions		Assist mothers in child care		Child protection		Psychosocial support	
	Actual	Budget	Actual	Budget	Actual	Budget	Actual	Budget	Actual	Budget
	Euro									
Donation KOP	€ 6.000	€ 6.000	€ 4.500	€ 4.500	€ 3.600	€ 3.600	€ 1.800	€ 1.800	€ 5.400	€ 5.400
Donation other sponsors	€ -	€ -	€ 22.887	€ 20.864	€ 13.977	€ 4.315	€ 12.399	€ 6.540	€ 32.820	€ 28.209
<b>Total Donation (Jan-Dec 2019)</b>	<b>€ 6.000</b>	<b>€ 6.000</b>	<b>€ 27.387</b>	<b>€ 25.364</b>	<b>€ 17.577</b>	<b>€ 7.915</b>	<b>€ 14.199</b>	<b>€ 8.340</b>	<b>€ 38.220</b>	<b>€ 33.609</b>
Expenses	€ 5.926	€ 5.958	€ 26.902	€ 27.155	€ 17.577	€ 18.291	€ 14.199	€ 15.809	€ 38.220	€ 38.593
<b>Balance/financing gap( Jan-Dec 19)</b>	<b>€ 74</b>	<b>€ 42</b>	<b>€ 485</b>	<b>€ (1.791)</b>	<b>€ -</b>	<b>€ (10.376)</b>	<b>€ -</b>	<b>€ (7.469)</b>	<b>€ -</b>	<b>€ (4.985)</b>

### **Financial explanation**

We received a total of €21.300 donation from Stichting KOP in the year and allocated the funds as follows;

**Age appropriate school access (Kick start) - €6.000**

**Malnourishment Intervention - €4.500.**

**Assist Mother in Child Intervention - €3.600.**

**Child protection - €1.800.**

**Psychosocial support - €5.400.**

### **Appreciation**

On behalf of the children and beneficiaries, Macheo would like to thank Stichting KOP for investing in the futures of vulnerable children in Kenya. Their lives are changed through your belief in a better world for them and your generosity. Thank you for being part of these efforts in the year 2019. This report celebrates the progress we made together!