



FREE THE CHILDREN
children helping children through education



Pimbiniet Community Report

NIKA



Introduction

Changing the world is not a one-person task. But every helping hand can make a difference and, together, these hands can transform the world.

To the people of Pimbiniyet, Kenya, the **NIKA** is that helping hand. Thanks to your generous contribution we can provide the children of Pimbiniyet with the tools and the skills they need to change their lives. With a hardworking in-country team and the cooperation of all community members, we're working to build long-standing, sustainable projects. With your commitment to change, we're able to empower the people of Pimbiniyet, one step at a time.



Students hard at work!

Changing Lives One School at a Time

Free The Children schools provide a safe, bright and positive learning environment for children to earn a quality education. Classrooms are outfitted with all the necessary materials and equipment that a child needs to succeed in school. Building new classrooms – staffed by qualified teachers – broadens access to education and helps bring class sizes down ensuring delivery of quality teaching.

Towards Delivery of Quality Primary Education

In order to provide adequate educational opportunities for the children of Pimbiniyet many additional classrooms are needed for the 607 students currently enrolled in school and to encourage an increase in enrolment amongst other primary school-aged children. Construction of 3 classrooms is complete, while construction is still underway for another 2 classrooms. This past year, 322 girls and 285 boys enrolled at Pimbiniyet Primary School and 29 children graduated.

The community has consistently shown its commitment to education by volunteering time towards Free The Children's educational activities and by providing accommodations for construction workers.

Teachers at our schools are integral to the success of our education programming. There are a total of 20 teachers leading classes at Pimbiniyet Primary

School. To date, 10 of these teachers are participating in Free The Children's Better Education Program in Pimbiniyet community. This program includes the Teacher Incentive Program challenge which encourages teaching staff to deliver quality education, promotes student and teacher attendance, promotes respect for school space and lastly fosters increased academic performance. The government is providing salaries for 13 teachers, while the community is helping to support the salaries of the remaining seven. There are three female teachers and 17 male teachers.

Recently, we held a one-day educator workshop which was very well attended. It included topics such as alternative approaches to teaching, participatory methods in the classroom, how to communicate with children at different developmental stages, how to communicate effectively amongst co-workers, how to use story telling as a learning method and how to use story creation as a method for exploring a child's creative ability. The day brought together teachers, headmasters, and community education leaders from our various Kenyan communities, comprised of 3 different cultural communities including Kisii, Kipsigis and Maasai people. Since the workshop, teachers at Pimbiniyet Primary School have been using some of the lessons learnt such as giving students the chance to lead class and foster leadership skills in older students.

Free The Children in Pimbiniyet Impact At A Glance

Classrooms built: **3**
Classrooms under construction: **2**
Students Enrolled: **607**
 Girls: **322**
 Boys: **285**
Students graduated: **29**
Teachers: **20**

WATER AND SANITATION



Girls carrying water in jerricans

Water is the Essence of Life

Our Water and Sanitation programs are critical to improving the lives of people in Pimbiniyet. Initially, many households in this community did not have safe drinking water and proper sanitation facilities. Girls would also have to walk for hours to collect water, preventing them from attending school. Historically, the main water source for many community members in Pimbiniyet has been the Mara River, but in recent years this vital natural resource has also come under threat. Ecosystem encroachments in the Mau Forest Complex, the largest of five major water towers that forms a water catchment area for the Mara River, have led to gross deforestation. Deforestation in turn impacts river flow and water storage, among other environmental concerns.

Delivering Clean Water and Sanitation Facilities

In partnership with the people of Pimbiniyet, Free The Children aims to increase access to clean water for all community members, increasing water security and reducing the burden of waterborne illnesses.

Pimbiniyet community members raised funds to build their own rainwater catchment system. The rain catchment system uses the roofs as a collection tool, funneling the rain through the gutters and into a storage tank. The current level of success of the rain catchment system has been severely im-

acted by this year's drought, but remains an important source to supplement clean water supply.

Free The Children is working closely with community members from Pimbiniyet to address their hygiene and sanitation needs. Together we have built 4 latrines and 1 hand-washing station for the school. We have also facilitated 6 sanitation workshops. Since learning the importance of drinking boiled water, the percentage of community members practicing this has increased. This has had a huge impact on reducing the incidence of waterborne diseases. As part of the 7 habits to a healthy home challenge, the community members are now adhering to safe hygiene practices like digging pit latrines and having their own household hand-washing station. Furthermore, the women have started purchasing safe water tanks that are used to purify water before use.



Students know the importance of hand-washing!

Free The Children in Pimbiniyet Impact At A Glance

.....

Latrines built: **4**
Hand-washing stations built: **1**
Water and Sanitation Workshops: **6**



Women receiving valuable health training

Overcoming Health Challenges

In Kenya, one in 14 children will die in their first year, and one in nine children will not live to see their fifth birthday. Ethnic minorities and indigenous groups such as the Kipsigi people of Pimbiniyet are particularly vulnerable due to an insufficient provision of basic health care services. The people of Pimbiniyet are at higher risk for contracting various waterborne, vector-borne and parasitic infections as a direct result of their geographical location and poor access to clean water.

Making Health Care Accessible

Free The Children is working with the people of Pimbiniyet to improve the health of the entire community. By providing basic preventative and responsive health care services, together we hope to reduce the rates of various poverty related diseases, reduce child under-five mortality and improve maternal health thus helping the people of Pimbiniyet realize their right to the highest attainable standard of health.

In the past 6 months we have:

- Facilitated Traditional Birth Attendant training for community mamas on risk factors during delivery;
- Provided school-based health education to all children from grades 1 to 8;
- Conducted mobile health clinics servicing all those in need in the community;
- Provided de-worming services twice to all the students and teachers (this happens once every three months);

- Led health workshops for men and women on health related best practices, including the 7 Habits to a Healthy Home challenge (this includes encouraging households to boil drinking water, build a latrine, build a hand-washing station, dig a rubbish pit, put up a clothes line, build a dish rack and construct a bathroom/place to have a private shower);
- Made available nurses who can respond to health emergencies by providing basic responsive care and transport to a health facility.

In addition to all of the above, our lunch program has benefitted all 607* students regularly attending classes. The men, women, children and Health Club members who have received information and training through our workshops are all now ambassadors of healthy living in the community. One of the other initiatives in Pimbiniyet that contributes to better health outcomes is the community garden and nutrition program. Over 1232 people benefit from the garden projects. Thus far, 64 gardens have been planted and 5101 trees have been planted. There have been 4 community workshops surrounding environment, agriculture, community gardens and nutrition.

In order to amplify and better measure the impacts of our health projects, we continue to work closely with local government health officials. The government has committed to providing Free The Children with free immunizations for children and pregnant mothers and by completing official government statistics forms we will be better able to monitor the health of the community. We are also working to incorporate an 8th habit to our health challenge, that is encouraging families to build a chimney in their home to reduce the impact of respiratory diseases caused by close proximity to cooking fires without proper ventilation.

* The number of students regularly attending may be less than the number enrolled due to the severe impacts of this year's drought.

Free The Children in Pimbiniyet Impact At A Glance

.....

Total no. community members trained: **80**
De-worming & health education: **All 607 students regularly**
School Health Club Members: **40**

ALTERNATIVE INCOME



Families can increase their monthly income by raising and selling livestock such as goats

Addressing Poverty

Free The Children's alternative income projects increase the empowerment and independence of women, alleviate poverty by increasing base family income – through sustainable and diversified income generating activities – and promote greater self-sufficiency and solidarity of the entire community. Traditionally, male heads of household are the primary income earners. However, because of low household incomes, families often feel compelled to remove their children from school in order to contribute to family earnings. It is therefore important to ensure that the mamas in the community are able to actively participate in both income generation and household economic decisions, ensuring their children can remain in school.

Building Better Livelihoods

By mobilizing the women Pimbiniyet into alternative income groups, Free The Children provides these community members with the knowledge and tools to generate and manage income. During a three-phase merry-go-round system, the groups are trained in financial literacy, microenterprise development, leadership, and conflict resolution. Small loans are also provided in order to expand or establish small businesses to diversify the household income.

There are six actively participating women's groups in Pimbiniyet, comprised of 120 women. For them, we have held 26 workshops. The participants have also received training on opening bank accounts so that they can access loans and community development grants. The women who regularly attend Free The Children workshops go on to not only implement the business skills and knowledge they have gained, but also to implement other important aspects of Free The Children programming including those pertaining to health, education and water and sanitation. The alternative income program is benefiting over 1200 people in Pimbiniyet. Since our last report, the alternative income projects have helped purchase 20 goats for many of the participating households. The average income of participants has increased by 33 per cent. The additional income earned by mamas in the community goes to help not only their own families but also their fellow community members.

Overall, the living standards of many households have improved through these projects. Mamas are able to buy materials to build bathrooms, dig pit latrines or to buy utensils for household use. The livestock acquired by participating women are a long-term investment, whereby women will rear the animals to be sold at a later date, and they help to supplement families' diets in a healthy way. Free The Children is consistently working with the community to expand these projects, in order to reach even more households. Our next priority within the alternative income projects is formal registration of the women's groups with both Free The Children and the local Social Service alongside continuing women's focus on generating savings and accessing loans.

Free The Children in Pimbiniyet Impact At A Glance

.....

Established Women's Groups: **6**
Women's Group Workshops: **26**
Livestock Purchased: **20 goats**



Meet Jeremiah Kosgei

Jeremiah is an ambitious 15 year old boy raised by his grandmother since his parents passed away. He feels Free The Children has changed his vision on education. Jeremiah is proud to be a part of the new school, and makes sure he never misses his classes. A keen mathematics student, Jeremiah dreams of becoming a teacher one day. He wants to become a role model within his community and he knows the importance of a good education in his ability to secure a successful future. He envisions a time in which all children can earn an education in order to change the world. Jeremiah describes that Free The Children has impacted his home life, health, and happiness all in positive ways. He is proud that at home he now has a pit latrine, practices boiling water, and has a rubbish pit. Jeremiah says:

“I feel much healthier now. I do not have to walk home over lunch time, so I get to study for another hour.”

During each school term, Free The Children offers a de-worming service and throughout the year, administers health services through the mobile health clinics. This means that children like Jeremiah can get the medicines and care they need to lead happy, healthy lives. Contributions from generous supporters like you are helping Jeremiah enjoy a brighter life, where he actively enjoys gardening, playing football, and learning with his peers.

Jeremiah dreams of becoming a teacher to share his passion for education with other children



Conclusion

Balancing a passion for helping with powerful resourcefulness, and an insistence on sustainable development, Free The Children is committed to inspire and give the people of Pimbiniyet the tools and the skills to change their lives. This would not be possible without the generous support of the **NIKA**. It is thanks to your outstanding dedication to our programs that we continue to work hand in hand with the communities to transform lives.

Comments

As donors, you are very important to us. At Free The Children, we are always trying to better serve you and provide you with better reports. In order to improve the quality of our reporting we would truly appreciate your constructive feedback.

If you have any questions or comments regarding this report please contact:

Ashley Hilkewich
Director of International Programming

Free The Children
"children helping children through education"
233 Carlton St
Toronto, ON
M5A 2L2

Phone: 416.925.5894 ext 124
www.freethechildren.com

Once again, thank you for your support and we look forward to hearing from you.