

## ***Riders for Health Kenya update report – April 2009***

### **Mobilising grassroots carers from Western Kenya to reach thousands with hope and support**

Riders for Health is dedicated to overcoming the gap in health care delivery in rural Africa and ensuring that help finally reaches those suffering. Riders has established a locally run, transport management infrastructure that is helping to reach over ten million people with basic health care on a regular basis. Our mission is to reach a further ten million men, women and children with regular health care by 2015.

To achieve this, with the help of GlobalGiving, Riders is replicating the partnerships we have with grass-root organisations in Kenya. These partnerships have a real impact in local communities and are enabling people to lift themselves out of poverty.

*Photo: A health worker from a community-based organisation on the road.*



### **Update on mobilising the carers from the Busia**

The Busia Family Life Education Programme (Busia) is a cluster of community-based organisations located on the Kenyan border with Uganda. They are raising awareness of HIV/AIDS, encouraging people to be tested and providing subsequent counselling and advice on how to live a lifestyle that will help to control their condition.

### **The impact of reliable transport**

Since the donation of Riders' motorcycles to Busia, along with training in basic preventive maintenance and defensive riding, the number of visits by health workers to outlying communities has increased to an average of 200 a week, compared to 50 which was the number of visits a week possible without transport.



*Photo: A health workers visiting a family.*

Home visits in particular have increased and the team at Busia are reporting that their referral system has really been strengthened thanks to Riders and the support of donors through GlobalGiving. Busia are now able to refer their patients for tuberculosis screening, malaria treatment,

prevention of mother-to-child transmission (PMTCT) and counselling for alcoholism.

The number of people being counselled for alcoholism has multiplied from an average of 150 a week to 350. One-on-one sessions have also increased to about 150 a week. This is particularly important as it gives attendees a secure environment in which to discuss various issues linked to reproductive health.

*"I feel very happy, honoured, and privileged to have a motorcycle. It motivates me to serve my community whole heartedly," said Karoline Kemunto Apiga, a home-based care provider from Busia.*

*"The gender biasness has also been reduced in the community. They have seen even women riding motorbikes and it's a joy in the community," reported Joseph Ochieno, Manager of Busia.*



*Photo: A carer learning her way around a motorcycle.*

### **The Presbytery of Limuru**

The Presbytery of Limuru, in partnership with the Government of Kenya, runs six dispensaries in Kenya, three of which are in Limuru and three in Narok. The Limuru dispensary caters for the Kikuyu people and Narok mainly caters for the Masai people. These dispensaries are run by a nurse, a laboratory technician and an administrator who provide treatment, medication and health education to the surrounding communities.



*Photo: Laboratory technician, Grace Wago, from Limuru's Murengeti dispensary.*

In addition to the dispensaries, the Presbytery run an orphanage for girls in Limuru, which currently cares for 100 children. They expect this number to have doubled by August. The Presbytery also plans to run a second orphanage for boys in Narok to initially accommodate 50 children.

### **Motorcycles for Limuru**

Riders has donated six motorcycles to the Presbytery to assist with their project. Four will be used in the Narok area as it is a hard to reach area and provides for the forgotten Masai heartland. The other two will be used in Limuru, one for coordination of the dispensaries and one for the orphanage to help look after the needs of the children.

The motorcycles will be used among other things to co-ordinate and supply drugs, to assist with outreach programmes, health talks at church services, child monitoring and immunisation and to visit house bound and bed ridden patients.

The training of the team from the Presbytery of Limuru took place in the first two weeks of April. It was carried out by Harm Wanjala and Susan Nambute who reported that all went well and the candidates all passed with flying colours.

*Photo: Some of the girls from the orphanage in Limuru*



### **Thank you**

Riders would like to thank all those who have supported our work in Kenya so far and are helping us to train the wonderful team from Limuru and to have such an amazing impact on the communities now being reached by the carers from Busia. With the support of GlobalGiving, reliable transport is making a real difference to and ensuring regular care for people living with HIV/AIDS in western Kenya. Without your support, none of what we do would be possible and we are truly grateful for all the generosity we receive.

### **For more information**

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