

# ANNUAL REPORT

# 20 21



**VILLAGE HOPECORE  
INTERNATIONAL**  
HOPE CHANGES EVERYTHING







# CLASSROOMS

## NOTE FROM THE PRESIDENT/FOUNDER



With great joy and appreciation, I extend my greetings to our board of directors, donors, stakeholders, development collaborators, and staff members. No words can sufficiently express my great satisfaction in what our staff and management have accomplished after such a challenging year.

The following report is a good testimony of the staff's and management's commitment to the vision, mission, and objectives of HopeCore. The fact that the county government recognized HopeCore as the best supportive organization in fighting against TB in Tharaka Nithi County in the year 2021 exemplifies the quality and value HopeCore is extending to the beneficiaries of its services.

The report includes our accomplishments relative to our maternal and child health programs, school mobile clinics, vision program, school-based water, hygiene, and sanitation program, community office clinic, community health volunteers, and income generation towards poverty eradication under our Micro Enterprise Programs. The report also shares some of HopeCore's activities as they relate to HopeCore's strategic plans for the next five years.

I hope and pray that you will continue to receive the joy and satisfaction that arise out of a passion for helping those in need and for expressing that passion through the act of adding value to the quality of life of the less fortunate of our human family. I hope that everyone will find the report empowering, encouraging, and inspiring. Peace and blessings



**DR. KAJIRA K. MUGAMBI, ESQ.**

## INTRODUCTION

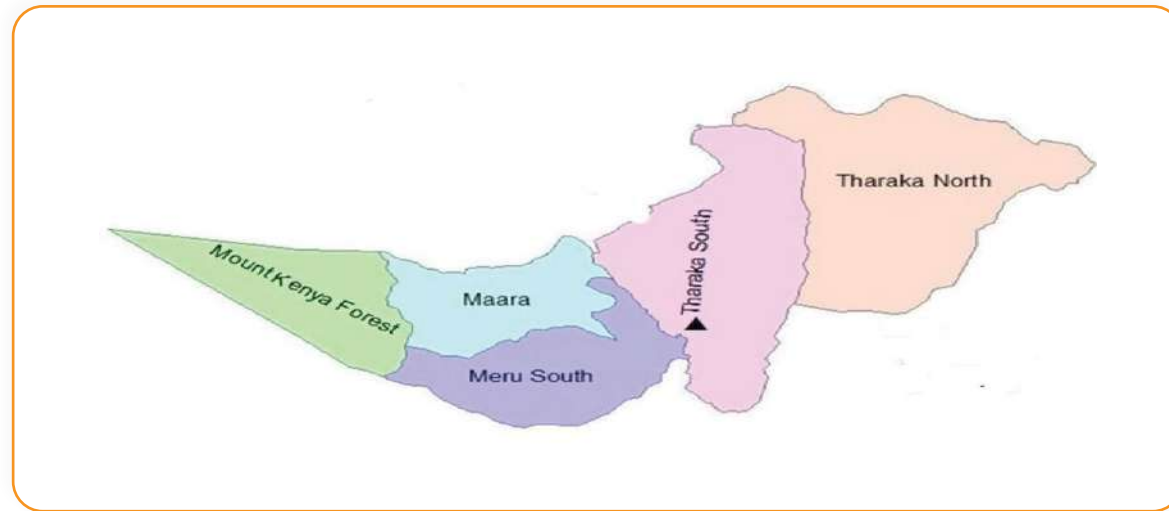
Village HopeCore International, better known as HopeCore, empowers rural Kenyans to eradicate poverty and improve the health of their communities. HopeCore is an innovative, 501(c)(3), non-profit organization, providing essential health interventions and services and poverty eradication programming to the people of Tharaka Nithi County, Kenya.

HopeCore was founded as a charitable organization in the state of California by its founder, K.K. Mugambi, Esq. who later registered it in Kenya as development NGO. HopeCore's programmatic activities started twenty-one years ago, with only \$5,000, by its founder, K.K. Mugambi, the current Medical Director, Dr. Philip Rasori, and 12 women. Now, HopeCore has a staff of over 50 and an annual budget of over \$1 million.





## Area of coverage-Tharaka Nithi County



### KEY HopeCore programs per Sub-county

#### Maara (Mwimbi & Muthambi sub-counties & Mt. Kenya Forest area)

School Health  
Community Health Volunteers  
Water Sanitation and Hygiene (WASH)  
Micro Enterprise  
Malaria prevention  
Community clinic

#### Meru south (Chuka & Igamba Ng'ombe sub-counties)

School Health  
Community Health Volunteers  
Micro Enterprise (Chuka)

#### Tharaka South

Community Health Volunteers

#### Tharaka North

None

## WHAT WE DO?

HopeCore aims to promote economic development and improve family health through two core programs: Micro Enterprise and Public Health. Promoting women access to financial and health services helps improve the quality of life for rural women and promotes gender equality.

### The Micro Enterprise program provides:

- Business training.
- Low-interest loans.
- Mentorship to "unbankable" village women and men in Tharaka Nithi County.



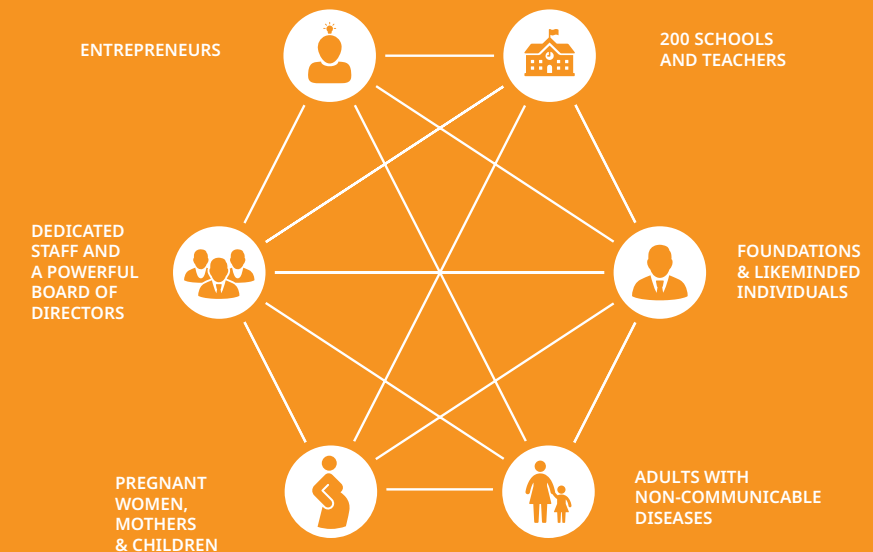
Many community members cannot qualify for loans from formal financial institutions because they do not have the required assets for loan security.

Therefore, HopeCore mobilizes Self-Help Groups (SHGs) and helps them register with social services before training them on entrepreneurship. Since the inception of the Micro Enterprise program, HopeCore has funded 219 SHGs, totaling 2,683 primary beneficiaries of the program.

### Public Health Program

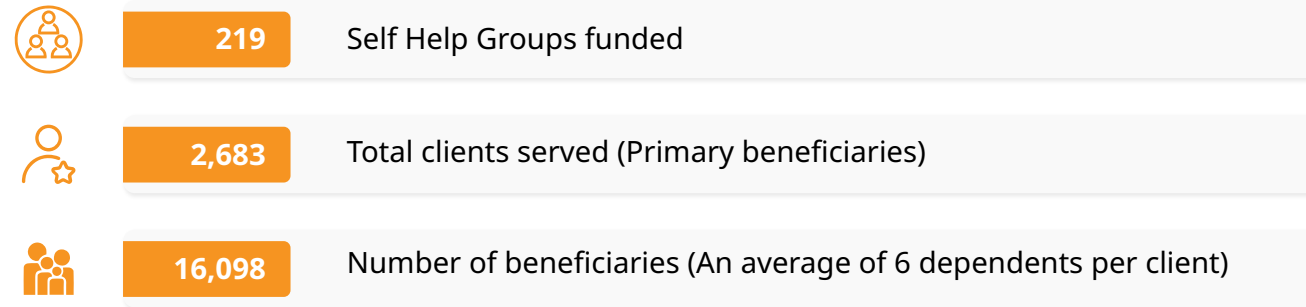
The program addresses family health needs in underserved areas in Tharaka Nithi County. HopeCore promotes access to preventive and affordable healthcare through an efficient integrated, comprehensive, and community-based program.

### Our Model

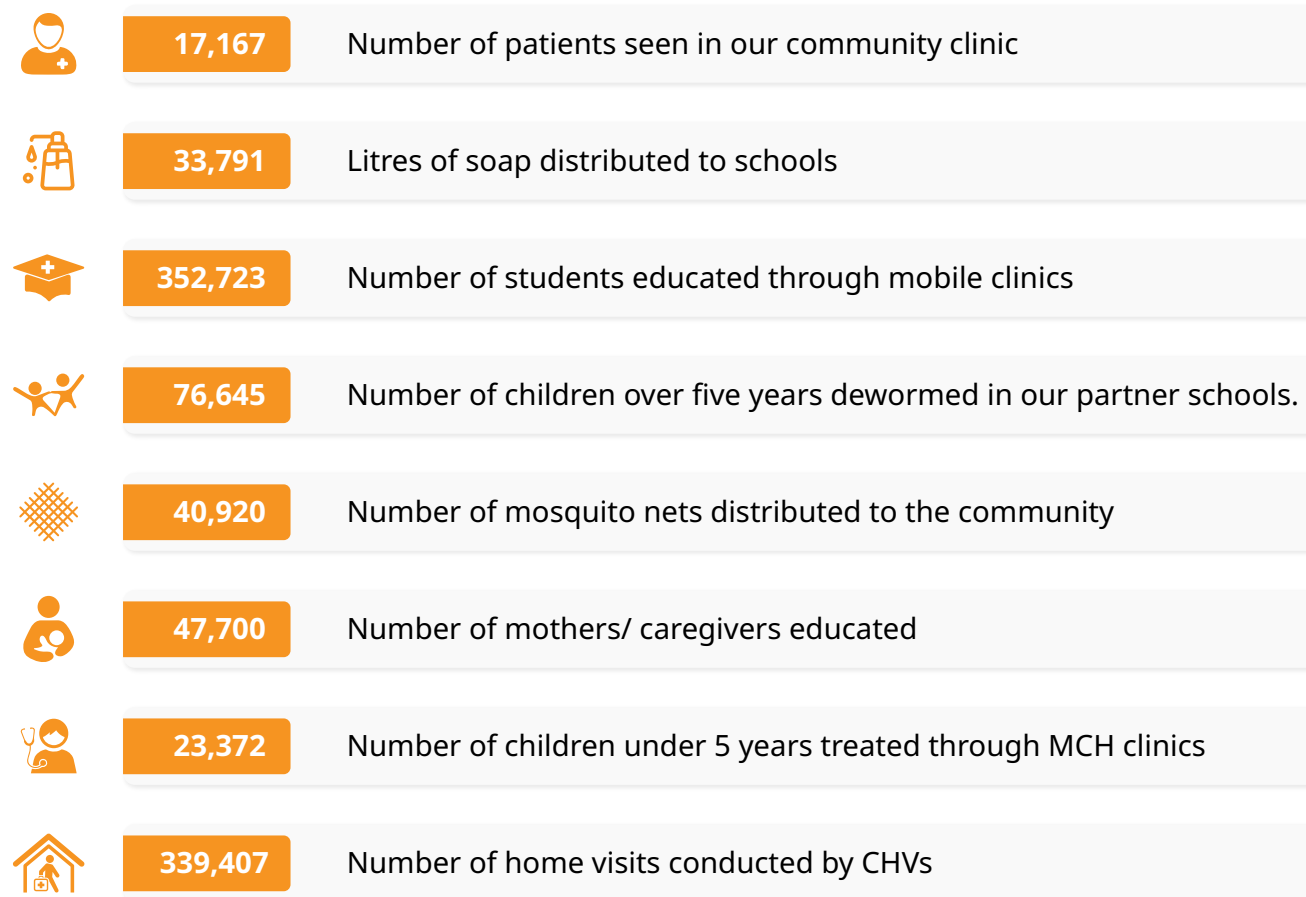


## IMPACT TO DATE

### Micro Enterprise



### Public Health



Total amount loaned - \$1,312,750

## PUBLIC HEALTH PROGRAM- 2021 HIGHLIGHTS

- Covid-19 Pandemic Response- **2,463** people were vaccinated against Covid-19
- We launched a Hypertension project and distributed **58** digital blood pressure machines to CHVs
- Screened **89%** of our partner school population for visual acuity
- We conducted TB screening in **4** hotspot areas in the county. **91** samples were taken with **4** turning positive. All the positive cases were put on care and contact tracing done.
- **18** chiefs and assistant chiefs in Chuka & Igambang'ombe sub-counties were sensitized on TB and pneumonia.
- Staff capacity building; **33** trained as child protection officers, **29** ec trained on counselling psychology, **9** trained on basic life saving skills by Red Cross Kenya, **2** trained Basic Maternal Obstetric & Neonatal Emergency Care.
- We hosted **6** Medtreks International Nurses volunteers for **5** days who trained our staff and joined the teams in the field.

HopeCore was recognized by the county government as the best supportive organization in fighting against TB in Tharaka Nithi.





## VILLAGE BASED MATERNAL & CHILD HEALTH CLINICS

HopeCore's village-based mobile maternal and child health (MCH) clinics target vulnerable mothers and children for special services such as treatment, deworming, vitamin A supplementation, growth monitoring & nutritional counselling, Focused Antenatal Care (FANC) and multivitamin supplementation for pregnant women.



The mobile-approach ensures convenience for clients as we bring the services to them. Community health volunteers know the number of pregnant women and children under five years in their area, therefore, it is easy to follow up on those that miss the clinics.

### In 2021 we conducted 330 village-Based MCH clinics where:

	5,512	Children were treated
	2,654	Supplemented with Vitamin A
	3,269	Children under 5 years dewormed
	978	Women accessed modern family planning services
	219	Pregnant women received ANC services
	5,422	Mothers educated

## SCHOOL HEALTH

### In 2021:

	45,009	No. of students dewormed in mass deworming campaigns.
	45,588	No. of students educated.
	3,000	Educational charts and fliers distributed in schools.
	4,034	Health club members/peer educators educated on; Sexual Gender Based Violence (SGBV), COVID-19, teen pregnancies and relationships.

### Malaria Prevention program

HopeCore provides long-lasting insecticide treated mosquito nets to children under 5 years who have started school. Children under 5 are still at a higher risk for malaria. HopeCore distributed **3,322** long-lasting insecticide-treated nets distributed to early childhood development and education children in **94** schools, **3,246** mothers educated on malaria prevention.








# VISION PROGRAM

The ability to see is a significant contributing factor to a child's school outcomes. Unfortunately, thousands of children in underserved communities perform poorly in class and risk going blind as a result of overlooked eye problems. In January 2021, HopeCore initiated a vision health program in **191** schools with a goal of improving the vision of **45,000** school going children.

In 2021 HopeCore educated **38,852** students on eyecare, **37,321** students got screened for vision acuity. This is a remarkable achievement having screen **82.9%** of school children in two sub-counties; Mwimbi and Muthambi; in less than **42** weeks of the 2021 school calendar.

- Health education on eye care
- Vision acuity screening
- Free treatment for eye infection
- Free eyeglasses

-  **505** Students were treated in monthly eye clinics
-  **122** Children received free eyeglasses
-  **26** Students were supported to undergo eye procedures (surgeries) at City Eye and Kikuyu Hospitals



# WATER SANITATION & HYGIENE(WASH)

Access to safe drinking water, education on hygiene, and availability of soap is the first line of defense against most hygiene related conditions. We have provided hand washing and drinking water tanks to **187** schools.

We also deliver handwashing soap and WaterGuard to partner schools for handwashing and treatment of drinking water.

In 2021 the program distributed **12,546** litres of handwashing soap and **2,003** bottles of WaterGuard, enough to treat **2,003,000** litres of water.

## Menstrual Hygiene Management

Provision of menstrual hygiene management products paired with education allows girls to continue their education, grow with confidence, and realize their potential. Last year, we distributed **2,478** annual sanitary kits to girls in our partner schools; this translates to **29,736** monthly kits distributed. Each girl also got **4** underwear and a pamphlet on Sexual Reproductive Health.



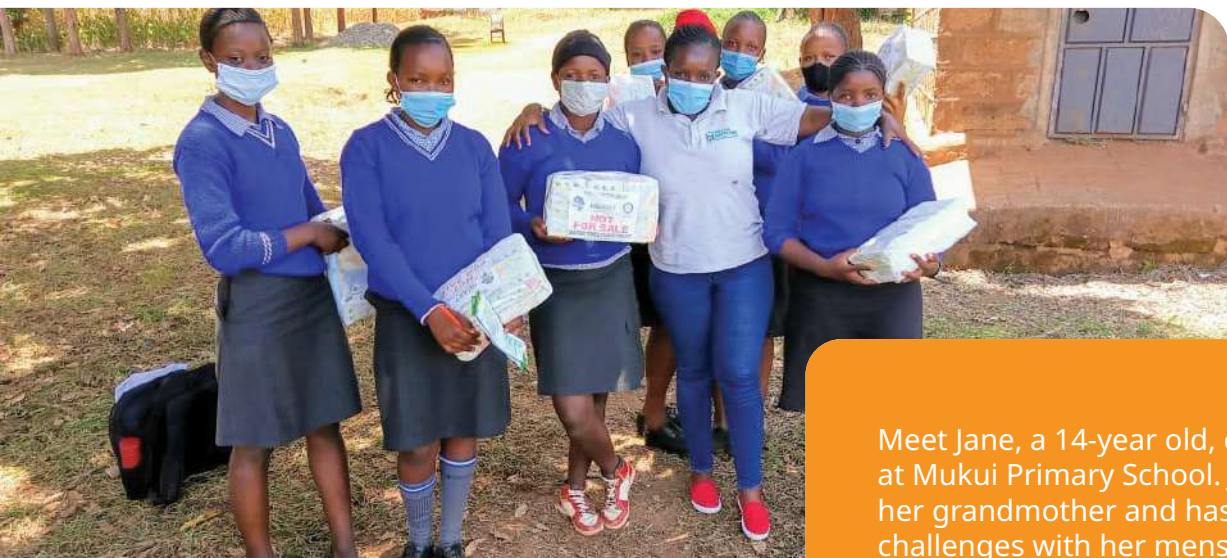
HopeCore constructed a model MHM facility with a private changing room and incinerator. The facility serves girls from the Kagongo Gaceke primary school & Vocational training centre and both Karimba primary & secondary. We are advocating for neighboring schools to pull resources and construct such a cost-efficient facility to address menstrual waste disposal challenges.





# SUCCESS STORY

Every woman of reproductive age has a right to access quality MHM. Unfortunately, MHM is still a neglected sanitation need. It is sad that women and girls in underdeveloped countries still view accesses to dignified MHM as a privilege. . This year, **2,478** monthly packets were distributed to needy girls identified by the teacher health champions. Each sanitary kit comes with an educational pamphlet and four underwear for girls.



Meet Jane, a 14-year old, class 7 pupil at Mukui Primary School. Jane lives with her grandmother and has faced many challenges with her menses. Prior to HopeCore's intervention, she missed school and even got a urinary tract infection due to her inability to access MHM products. Jane's school was visited by HopeCore community health field officer, Jessica. Jessica educated all the girls in the school on menstrual hygiene management and vulnerable girls were given annual sanitary kits. 3 months later Jessica conducted a follow up visit through the health teacher champion and learned that Jane no longer misses school and her grades have improved significantly.

# COMMUNITY HEALTH VOLUNTEERS(CHVS) PROGRAM

CHVs are community members with an in-depth understanding of community values, local culture, and language. The community selects them through a participatory process. They have undergone standardized training and are qualified and certified to provide defined health promotion services at the community level.

The CHVs have formal linkages to the health system, they are recognized as part of the health workforce by the Kenya Ministry of Health (MOH). They make referrals to health facilities, provide health education, conduct nutrition surveillance, collect vital events data, assist with immunization, and provide other maternal and child health care aspects at community level. HopeCore collaborates with Tharaka Nithi County Government to train, supervise, and empower **750** CHVs in Mwimbi, Muthambi, Chuka, and Igambang'ombe sub-counties.

HopeCore continued with campaign approach of training CHVs every two months, providing flipbooks with key messages on the health topic and field based support supervision. This has ensured households receive unified and correct health messages. Each home visit also included a review of Covid-19 prevention and other health topics are requested by the home.






### CAMPAIGNS:

Topic	Campaign Period	Total Households Sensitized.
Community Nutrition	October 2020 – Jan 2021	52,944
Tuberculosis & Pneumonia	Feb-March 2021	23,029
Community Maternal & Neonatal Care	April & May 2021	23,840
Family Planning	June & July 2021	20,442
Hypertension	August-October 2021	35,757
Integrated Community Case Management (ICCM)	Nov 2021-January 2022	23,610

**179,624** Household visits by Community health volunteers in 2021



# COMMUNITY HEALTH VOLUNTEERS(CHVS) HIGHLIGHTS

-  **62,620** New handwashing stations set by households after education by CHVs
-  **750** CHVs received field-based support supervision.
-  **250** CHVs received smart phones for digital reporting

## Kenya's Silent Killer








Recognizing a need in the community to address hypertension, Kenya's silent killer, HopeCore procured and distributed **58** digital blood pressure machines to CHVs in Mwimbi and Muthambi Sub Counties. Through this revolutionary hypertension program, the CHVs screened **4,150** adults for hypertension and made **702** referrals to link facilities for further management.



# COMMUNITY CLINIC

HopeCore's clinic is a Primary Health Care facility that provides preventive and curative services to the residents of Chogoria and its environs. The Community Clinic comprises of an outpatient medical, child wellness, laboratory, maternal & family planning clinics.

## 2,021 Achievements

-  **5,193** Patients treated
-  **2,915** Children under five years treated
-  **748** Children given Vitamin A supplements
-  **790** Children under five years dewormed
-  **142** Children immunized
-  **512** Women received modern Family Planning services
-  **1,674** Lab clients served





## YOUTH RESOURCE CENTRE

HopeCore Barry Wood Youth Resource Centre offers a safe space to youth within Chogoria and provides access free WIFI, music, and games.

At the centre the youth interact freely with their peers, have round table discussions, access youth-friendly sexual reproductive health services and get free professional career guidance.



**3,177** Youths visited the youth centre.



**22,624** Condoms were distributed



**404** Round table discussions held on stress and stress management, pressure to excel, hygiene, uncertainty about future, relationships, career guidance, drugs and substance abuse, STIs, addiction to social media, and life decisions



**14** Youths were trained and certified on basic computer packages.

## MICRO ENTERPRISE

The Micro Enterprise program reduces poverty by supporting the creation of sustainable businesses by equipping community members with business knowledge and financial resources (loans) for sustainable livelihood.

### 2021 Achievements:



**60**

New Self-Help Groups registered



**92**

Groups were funded: **1,106** clients



**324**

Clients underwent business training



**208,136**

USD loaned





## MICROENTERPRISE

### Street Business School Training

The Street Business School (SBS) training program is a collaboration between the Uganda-based Street Business School (SBS) and HopeCore seeking to provide practical hands-on business skills to community members to enable them to start income-generating activities and become financially independent, thus reducing dependency syndrome and over-reliance on hand-outs. The SBS modules are Getting out of your comfort zone, Business opportunity identification, Finding capital and starting small, Record keeping, Market Research, Business planning, Growing your customer base, and Money Management.

- In 2021, we trained **9** cohorts of which **1** comprised of students from a vocational training centre (VTC)
- Through the **9** cohorts we supported **245** aspiring village entrepreneurs.



## MICROENTERPRISE SUCCESS STORY

Bosco Kiruja is a thirty-three-year-old man born in a family of four children in Macugumani Village, Chogoria location, Maara Sub- County. When joined high school, he aspired to become a veterinary doctor. Unfortunately, his education journey was cut short due to family financial constraints. Bosco dropped out of school and got employed as a salesperson in an Animal Feeds shop earning Ksh **3,500 (USD 35)** per month.

In 2018 Bosco joined Upendo 2 Self-Help Group. He participated in the group's table banking during their soft loan phase. He attended a five-day business training where he acquired knowledge and skills that helped him construct a zero-grazing unit.

He received a loan of **KES 60,000 (USD 600)** from HopeCore, which he used to purchase a motorbike for a BodaBoda (motorbike taxi) business. He saved Ksh **400 (USD 4)** daily for over a year.

He used his savings to purchase a dairy cow. The proceeds from his motorbike and milk business enabled him to start an animal feed business in March 2020. From an initial investment of **KES 39,000 (USD 390)**, Boscow earns a monthly income of **KES 30,000 (USD 300)**. He uses the motorbike to offer after-sale services to his customers by ferrying the animal feeds to his customer's destination.

His living standards have improved, he can now meet all his family's basic needs; he is in the process of installing electricity at his home.

Upendo 2 SHG successfully repaid their first cycle loan and graduated to the 2nd cycle. In 2021, Bosco received an additional loan of **KES 100,000(USD 1000)** to expand his animal feeds and dairy businesses.

This is just one of thousands of success stories from our beneficiaries; HopeCore is empowering rural villages one entrepreneur at a time.





## FINANCIALS

### Income (in USD)



Private & International Grants:	\$997,644
Other Income:	\$74,538

### Loans (in USD)



Total Amount Disbursed:	\$211,542
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### Expenses (in USD)



Project Costs:	\$822,196
Administration & Overhead Costs:	\$125,571

## OUR EXPANSION PLANS FOR 2022

### PUBLIC HEALTH

- Expand the CHV Program to Tharaka South Sub-County
- Expand school health programs (vision screening, health education, counselling services) to Meru South Sub-County.

### MICROENTERPRISE

- Introduce 5th loaning cycle
- Initiate the goat rearing and filling station projects
- Expand SBS and loaning programs to Meru South sub county.







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