



CHASE Africa

Community Health And Sustainable Environment



**Annual Report
2019**

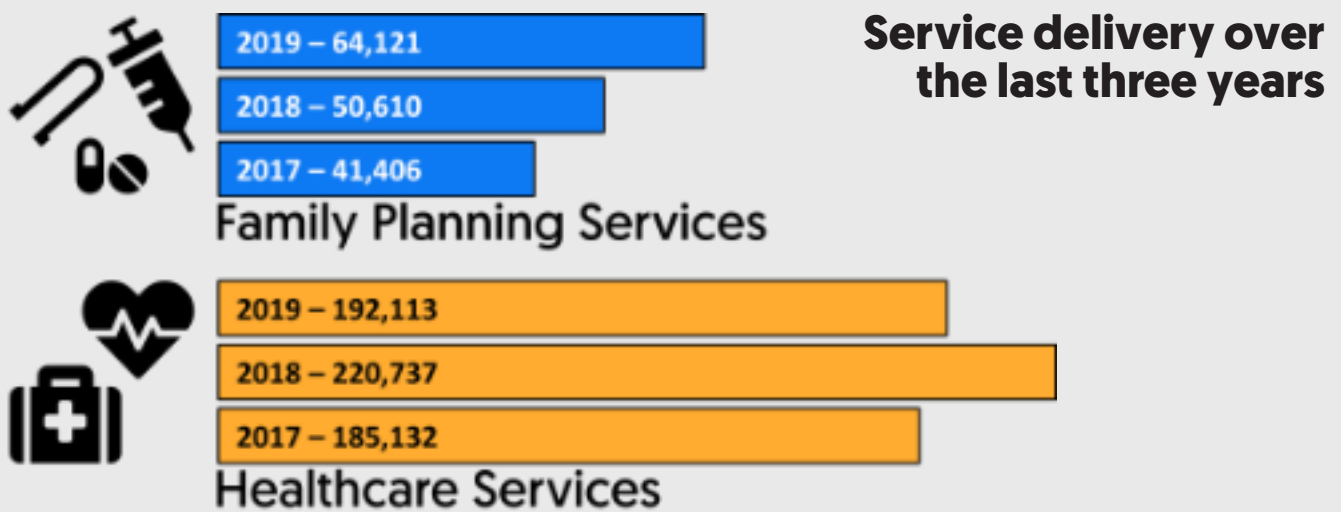


In 2019, CHASE Africa's partner organisations in Kenya and Uganda provided over 64,000 family planning services to women and girls, and over 192,000 primary healthcare services

The impact of our work is visible when a woman is educated and empowered to make informed choices around her reproductive health and family planning. By giving women and girls choices around birth spacing and numbers of children, we reduce the instances of maternal and infant illness and mortality, improve the ability of girls to complete their education and enable economic empowerment, improving health and prosperity of the whole family to break the cycle of poverty.

In addition to the focus on universal rights to Sexual and Reproductive Health and Rights

(SRHR), we were glad to see that family planning and the importance of girls' education was picked up by the global focus on climate change. 2019 saw unprecedented forest fires in Australia, a drought in southern Africa and other weather extremes around the world. Most people would now agree climate change is a reality and in grappling with how to tackle this, we are thrilled to see the environmental and climate change sector recognise the importance of investing in addressing the unmet need for family planning, and in girls' education.



Project Drawdown, a collaboration of scholars, scientists and entrepreneurs, released a comprehensive list of interventions that would reduce carbon dioxide emissions. Educating girls and family planning were listed 6 and 7 and when combined these two together would top the list.

There remains a great deal of work to do in ensuring women and men have sufficient information and access to quality sexual and reproductive health services. In the countries we work with a shocking 20-25% of married women still lack the ability to make informed choices around the size and spacing of their families. In rural areas where we work, the needs are much higher than the national average. This leads to families having children they did not want and will struggle to adequately provide for.

The communities that CHASE Africa works with are in areas where local organisations and the Ministry of Health have identified a high unmet need for family planning and poor access to health and reproductive services. Our projects are also in areas where ecosystems are fragile, where competition for natural resources is fierce and where the impacts of climate change are felt first-hand. We believe by targeting our interventions in such areas, we have the most effective impact on the mother, her children, family, community and environment.

We are integrating actions on climate change and natural resource management and support for SRHR and family planning. We believe we can play a pivotal role in recognising and catalysing these areas.

CHASE Africa Programmes

CHASE Africa works through 11 local partner organisations in Kenya and Uganda, nine of whom are delivering integrated community healthcare and family planning projects. We are supporting and equipping three environmental organisations to embed family planning and women and girls' empowerment into their programmes. **Mount Kenya Trust** is working in the counties around Mount Kenya, and **Big Life Foundation** is operating around Amboseli Game Reserve.

The Maa Trust are working in the conservancies bordering the Maasai Mara National Reserve. We are also supporting our partners whose main focus is health to consider environmental resilience in their interventions.

In 2019 we launched three new projects with local partners who are now implementing our integrated healthcare model with Community Health Workers.



The Maa Trust (TMT) is based on the edge of the Maasai Mara and is working towards a harmonious balance of sustainable human development and conservation in the area. Through its women's groups TMT identified that 80%-90% of women had never heard of family planning. The vast majority had experienced unplanned pregnancies and all wanted to know more about modern family planning options. Since launching in October 2019, TMT plans to use community platforms to educate on family planning and other health issues, enabling women and men to make informed choices.



Kalyet Afya Foundation (KAF) is part of a small clinic recently set up in a rural area between Nakuru and the Mau Forest offering healthcare and family planning services. They had never taken their healthcare services out into the community and when we offered them the opportunity, they were very keen to try. After learning about how to operate mobile day-clinics from visiting other partners that we support, KAF put on three pilot mobile day-clinics in locations agreed with their local Ministry of Health office. An average of over 650 people came to each of these mobile day-clinics of whom over 50 were women seeking family planning services, many for the first time. They will now build on this success and hope to reach out to many more rural people in 2020.



The vital role of our Community Health Workers



The success of our family planning and healthcare model is down to our Community Health Workers (CHWs). We identify and engage talented people from within the community, and train and equip them to inform, educate and communicate with their communities about primary healthcare, including family planning, ante-natal care, vaccinations and health screenings, but also on the sensitivities around family planning. Despite women and men often recognising they have more children than they want, intrinsic cultural beliefs, myths and misconceptions are huge barriers to family planning. Beliefs that

contraception leads to infertility, cancer or loss of libido are commonplace, which coupled with complex cultural issues such as a polygamy, a belief that a large family shows great fertility and prosperity or desires to have enough children so a husband can name them after all his uncles and aunts means that education is a key component of a family planning project. Providing full and accurate information on all types of contraceptives, the benefits and side effects, and empowering the woman and her husband to make informed choices about their family, is of paramount importance.



Rwenzori Centre for Research and Advocacy (RCRA), in the Rwenzori Mountain region of Uganda, started three pilot day-clinics in 2019. These were attended by hundreds of people and RCRA developed excellent relationships with the local Ministry of Health. Family planning supplies are provided free of charge and qualified Ministry of Health clinicians attend day clinics on a locum basis. RCRA then introduced a Backpack Nurse strategy to reach the most remote areas. The Backpack Nurse is called by the Community Health Worker when 20 women have requested family planning. This gives many women access to contraceptives in the most hard to reach areas.

Programme Evaluation and Partner Conference

In January 2019, we hired independent Kenyan evaluators to review our programme and partnership model. The report made it clear that our work was having an impact, addressing real needs and in line with national and county government priorities.

In June 2019 we held a meeting with our partners to review the findings, share what we have learned, talk about best practice and think of ways forward to improve our impact and effectiveness.

Focus areas included:

- Standardising and improving quality of data on activities, outcomes and impact.
- Intensifying efforts to engage men and youth.
- Ensuring interventions are fully rights based and communities are always engaged at planning, implementing and reviewing stages.
- Supporting partner organisations to build their organisational capacity.



Sustainable Environment

In 2019, we continued our environmental work with schools and community groups.

Working with Mount Kenya Trust, we finalised our forest restoration work in the Lower Imenti Forest, which borders Mount Kenya National Park. 50 hectares of degraded forest, completely overrun with invasive plants, were cleared and planted with 50,000 native trees between 2018 and 2019. Working hand in hand with local people, seedlings were first raised by community tree nurseries formed as 'Self-Help' groups. Mount Kenya Trust then bought the seedlings from the groups to plant on degraded forest land. This system provides a fantastic boost to Self-Help groups, who share the proceeds through loans to group members or investments in machinery or expansion.

From the tree nurseries, the young seedlings were transported to the planting sites. Each of these sites was allocated to a rural farmer, who had agreed to care for the trees. In exchange, she or he could plant crops between the trees.

This win-win situation ensures weeding is carried out resulting in excellent survival

rates for the newly established forest, and provides an additional income for local farmers. In a few years, the canopy closes and the farmer moves off the land, sometimes to start a new forest plot.

Mount Kenya Trust works closely with local communities to restore and protect the forest. Our integrated health and family planning programme works in these same communities to give families the chance to choose the timing and spacing of their children, and offers a wide range of healthcare services.

Tree Planting in Schools

With partners Watersheds Ecosystem Conservation and Friends of Mau Watershed, 41 schools in Bungoma, Nakuru and Kitui had between half and one acre plots of trees planted on their grounds, totalling 14,500 trees on 33 acres. This project gives the children and parents the opportunity to learn how to plant and manage trees, which will give them an income in a few years. It also reduces pressure on the remaining indigenous forest.



Plans for 2020

In 2020, we will build on learning to refine our model and ensure that as we grow, we are operating as effectively and efficiently as possible.

1.

We will hold a third partner conference, which will harness momentum and encourage increased learning and sharing of best practice amongst partners. Quarterly partner calls and further annual partner conferences as well as regular visits will also take place.

2.

We will focus on improving the ways we engage with communities in the design and review of our projects, improve where possible quality of information and services, refine monitoring and evaluation tools and support partners' organisational capacity.

3.

In terms of supporting partners' organisational development, we will facilitate partners to identify their needs, develop action plans and provide resources and inputs to address these.

4.

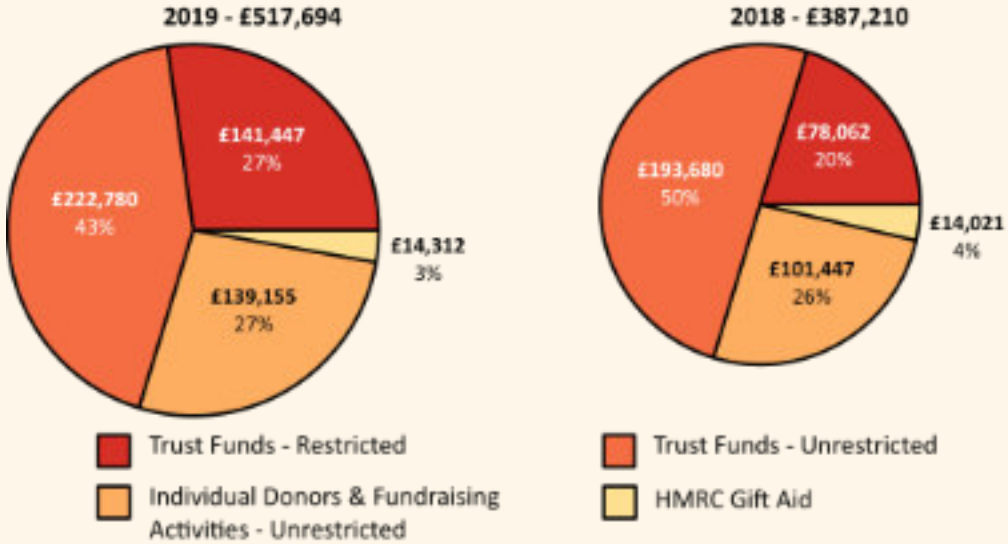
To help millions more people to have the benefit of a good education, better employment prospects and an improved quality of life we will encourage organisations across Africa to get involved with meeting the unmet need for family planning in the area where they operate. Going forward we want to continually improve our projects and create a model for others to adopt.



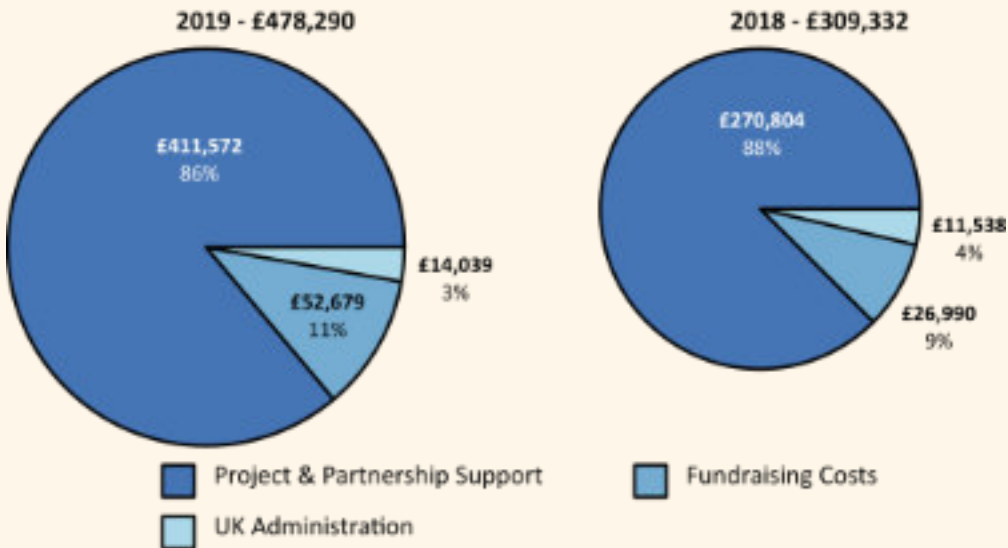
Our Financial Year

Our hard work is increasingly being recognised. We have secured several larger grants, including the UK's Department for International Development (DFID)'s Small Charities Challenge Fund, which has enabled us to grow our income and impact over the past year.

Income



Expenditure



In 2019 we started our first DFID funded project with partner Community Health Volunteers

Thank You!



In 2019 our supporters helped us raise more funds than we have ever done before! This is improving life for rural families in Kenya and Uganda, by bringing vital healthcare, family planning and tree planting to some of the most underserved, remote and fragile environments. We couldn't do this without you.

The scale of the problem is daunting, but small donations can make a huge difference to those most in need. You can help us by making a regular donation, fundraising in your community, volunteering your time or leaving us a legacy.

Make a Regular Donation

Giving regularly helps CHASE Africa to continue our work providing vital services. In 2020:

- £7.50 a month could give 12 rural women access to their choice of family planning next year
- £10 a month could plant 120 indigenous trees over a year

chaseafrica.org.uk/support-us/

Leave a Gift in your Will

Leaving a legacy to CHASE Africa will empower women to make informed choices, support better health for rural communities and protect incredibly important natural resources. Join the increasing numbers of people leaving a lasting gift to support a better future.

Please contact CHASE Africa if you would like advice about how to make your gift.



John

"I don't have enough land to support my eight children, and I don't have money to buy more land in the village."

John heard about a mobile health clinic organised by our partner RICE West Nile, in North-West Uganda. At 35 years old, John had made the decision to have a vasectomy. Although this service wasn't offered at the mobile clinic, the health team were able to provide advice, and a referral for a free vasectomy at Arua Regional Referral Hospital

John was keen to bring this service to his village, where he thinks other men also see the benefits of having fewer children. By working with the Uganda Ministry of Health, we support health and family planning services in the remote areas, or we can refer to more central health facilities for complicated procedures.

Lilian

"Thank you for the information on family planning. It is very encouraging to talk to your Youth Peer Providers without feeling judged."

Lilian got pregnant by mistake. After giving birth, she was given incorrect advice about contraceptive use for young mothers. But after speaking with a Youth Peer Provider – a young person trained to provide youth friendly advice – she accessed a three-year reversible contraceptive through our local partner in Nakuru County, Dandelion Africa.

Lilian can now plan her future without the fear of another unplanned pregnancy.



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Mary

"I came to a mobile clinic to immunise my fourth child. After learning about family planning, I chose a contraceptive injection. I want my children to get a good education."

Mary, age 28, received advice and support from our partner Big Life Foundation who work in the Amboseli National Park, Kenya. She recently separated from her husband and wants to concentrate on supporting her four children.