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## Executive Summary

Welcome to 2023's fourth quarter report.

To close this year, here are our highlights and impact across the different programs in quarter 4 of 2023. Being the last quarter of this year, the aim to be put a close on major projects and executing activities that would set the programs for success come the next year. Here's a breakdown of our programs and their impact:

**Seniors Feeding Program:** We provided food rations to an average of 992 seniors every month. This increased our food supply to a total of 50,558Kgs in both Isiolo and Kakamega counties up by 8,381Kgs. Unfortunately, we lost fifteen seniors to old age illnesses and other complications, but we were able to onboard 13 new seniors.

**Seniors Healthcare Program:** 61 medical interventions by a medical professional were registered this quarter. Hospital visits were an average of 6 seniors per month with several repeat visits up to 7 recorded by one senior. Clinical days hit new highs of 71 seniors served in one month alone.

**Education Initiative:** We fed an average of 1,000 learners monthly through our school feeding program at Kakamega Township Primary and Junior Secondary school as well as the madrassa feeding program at Taqwa mosque. We distributed a total of 30,397 meals, this number is lower than last quarter due to schools closing at the end of October.

**Sustainability Initiative:** We completed bee hive installations at both farms, with all hives installed bee colonies increased at an occupation rate of 30% by the end of the year. Other pending projects were the net house installation, which was at 40% at the end of the year. We intended to use the net house as a nursery and testing ground for new crop options. Equally, within the same period we managed to harvest some tomatoes that were off taken in the local market.

**Organization Highlights:** We conducted a fundraising campaign for our sanitary towels program, generating around USD 1,105 to expand the support for girls in need. Subsequently, we distributed sanitary pads to girls in the Kakamega township area and organized a football tournament. The tournament aimed to raise awareness about drug abuse, with a focus on a locally known drug called Kete, which has been a significant concern among the youth.



## Goals

Our aim is to promote efficiency in all interventions.

- Expressing beneficiary input within the program.
- Evaluate the viability of the NHIF pilot as a healthcare option for our seniors.
- Increase the pool of beneficiaries within the education initiative.
- Enhance farming activities and foster synergies between programs.
- To leverage technology for efficient service delivery.

## Objectives

For this quarter our actions to achieve the set goals were:

- Expanding food options in the seniors' feeding program
- Perform regular senior check-ins and follow-ups
- Redesign of service delivery to include healthcare facility visits and clinic days at our Isiolo offices
- Emulate the healthcare program within Kakamega branch.
- Enhance end-of-life support for seniors
- Streamline the operations of the school feeding program for maximum efficiency
- Distribute sanitary towels to support menstrual hygiene
- Installation of bee hives, net house and crop production activities in Ibado farms.

# Goals & Objectives

# Inventions Headway



## Seniors Feeding Program

### 1. Expanding food options in the seniors' feeding program

Throughout the year, we purposed to collect feedback from seniors and their households on the food rations. Our parameters of data collection were

- Quality of food items
- Quantities of food items
- Based on health and other factors what food items would they like to include in food rations.

Their responses revealed the below

#### Quality of food

Duration	ISILOLO			KAKAMEGA		
	Positive	Negative	No response	Positive	Negative	No response
Q1	88%	2%	10%	90%	3%	7%
Q2	86%	3%	11%	93%	1.5%	5.5%
Q3	90%		10%	95%		5%

Negative responses were linked to specific food rations like flour that had packaging unravel, while no responses are attributed to lack of data collection from seniors due to time constraints.

#### Quantities of food items

Surveyed on three categories that is increase of quantities or decrease of quantities and or swap food item quantities

Main areas of focus were five food items that make up the food ration. These items being Flour, rice, corn soya, sugar and cooking oil. Feedback on these were recorded as:

FOOD ITEMS	ISILOLO		
	Increase	Decrease	Swap
Wheat Flour	0%	20%	60% decrease and swap with maize flour 10% swap some quantities with corn soya
Rice	2%	0%	No comments
Sugar	70%	10%	Swap with corn soya
Cooking Oil	80%	0%	No suggestions
Corn Soya	30%	0%	No suggestions

FOOD ITEMS KAKAMEGA			
	Increase	Decrease	Swap
Wheat Flour	20%	0%	No comments
Rice	20%	0%	No comments
Sugar	60%	10%	Swap with corn soya for diabetes seniors
Cooking Oil	60%	0%	No suggestions
Corn Soya	40%	0%	No suggestions

Isiolo recorded suggestions of swap of wheat flour with maize flour on some quantities and increase in cooking oil and sugar

Kakamega branch on the other hand had recorded of increase in Sugar, cooking oil and corn soya for diabetic seniors.

*Based on health and other factors what food items would they like to include in food rations.*

Branches registered the following suggestions

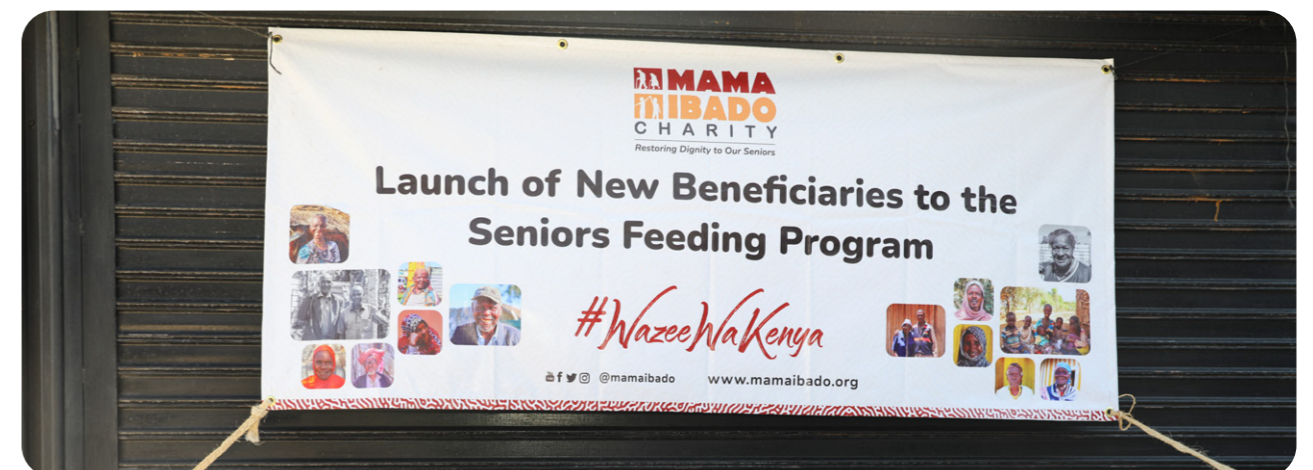
Isiolo Branch	Kakamega Branch
Pasta	None suggested
Beans	
Leafy greens	
Liquid milk	

Based on the above data, Kakamega branch overall registered a higher satisfaction rate on the food rations.

We began feedback implementation on food quantities while focusing on Isiolo branch where we swapped half of the quantities of wheat flour with maize flour as suggested by 60% of beneficiaries surveyed.

## 2. Perform regular senior check-ins and follow ups.

For this quarter the number of seniors within the program hit the targeted 1,000 seniors. We focused on making sure that seniors were well versed with the seniors feeding program procedures and timelines. Additionally, we conducted several check-ins and follow ups on new beneficiaries and equally visited existing beneficiaries as we updated their data for better program management.





## Seniors Healthcare Program

### 3. Redesign of service delivery to include healthcare facility visits and clinic days held at our Isiolo offices.

The NHIF pilot had been focused on ensuring that seniors seek medical attention while using NHIF in the preselected healthcare facility. This presented challenges for bedridden seniors who could not make it to the health centre for outpatient services. To remedy this, our clinical officer conducted several visits to these seniors and extended medical care to them. This inspired the need for clinic days once a month that would help monitor all seniors within the pilot. By the close of quarter three it was clear that more seniors aside from the 30 within the pilot were in need of medical attention and these clinic days offered much needed relief to them.

For quarter four, we incorporated more clinic days within the program in Isiolo branch to fully cater for easy monitoring of participants in the NHIF pilot and offer healthcare to other seniors within the feeding program.

### 4. Emulate the healthcare program within Kakamega branch.

After the incredible success within the NHIF pilot held in Isiolo, it was prudent to extend a similar set of services to Kakamega branch. To do this, we engaged a clinical officer who conducted clinic days at the office.

This pilot ran for 2 months offering the following

- Bedridden visits once every week
- Clinical days at MIC Kakamega offices once a week- this catered to an average of 20 seniors per visit.
- Medication dispensation for pain management.



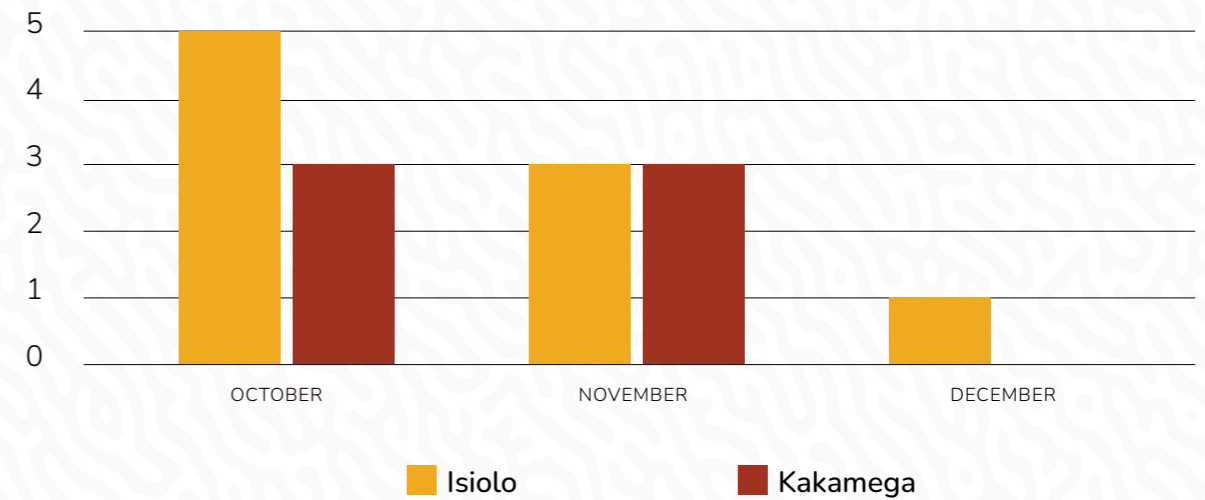
## Beneficiary Mortality

### 5. Enhance end of life support for seniors.

This quarter we lost fifteen beneficiaries in both Isiolo and Kakamega counties

The mortality rate across branches represented as below

**MORTALITY PER BRANCH WITHIN THE QUARTER**



For beneficiaries who passed away we registered 5 male and 10 female beneficiaries. These deaths are related to health complication particularly for Kakamega beneficiaries. While others deaths are as a result of old age.

*We supported the next of kin of the deceased for two months.*

*A life lived with Dignity*



## Education Initiative

### 6. Streamline the operations in the school feeding program for maximum efficiency.

Operations were winding down during this quarter as schools prepared for two major events. This being closure of schools for the long holiday and national examinations and assessments.

To accommodate these events we did the following:

- Procured food early- this was so as to reduce any disruption within the school as directed by the ministry of education.
- Ensured that the kitchen was supplied with the examination and assessment calendar- in order to adequately support the school during the examination and assessments period, the kitchen preparedness was paramount.

### 7. Distribute sanitary towels to support menstrual hygiene.

At the close of the term, we distributed sanitary towels to girls in Kakamega Township primary and junior secondary school and Taqwa mosque;

This exercise was in partnership with Inua Dada Foundation where we distributed 1,000 packets to both institutions.

Menstrual hygiene is a challenge for most of these girls and this is especially the case during long holiday breaks where parents and guardians often lack the means to provide these products. The exercise impacted 250 girls.







### **Bee hives and Net-house Installation**

To enhance better bee occupation we setup additional beehives on stands to encourage bee colonies occupation. By the end of the quarter we had installed all 100 hives in Ibado farms. We anticipate to have 100% bee occupation by end of March 2024 and further have honey production within the same period. The presence of bees will not only facilitate honey production but also encourage pollination of crops in the farm and promote biodiversity.



### **Crop production**

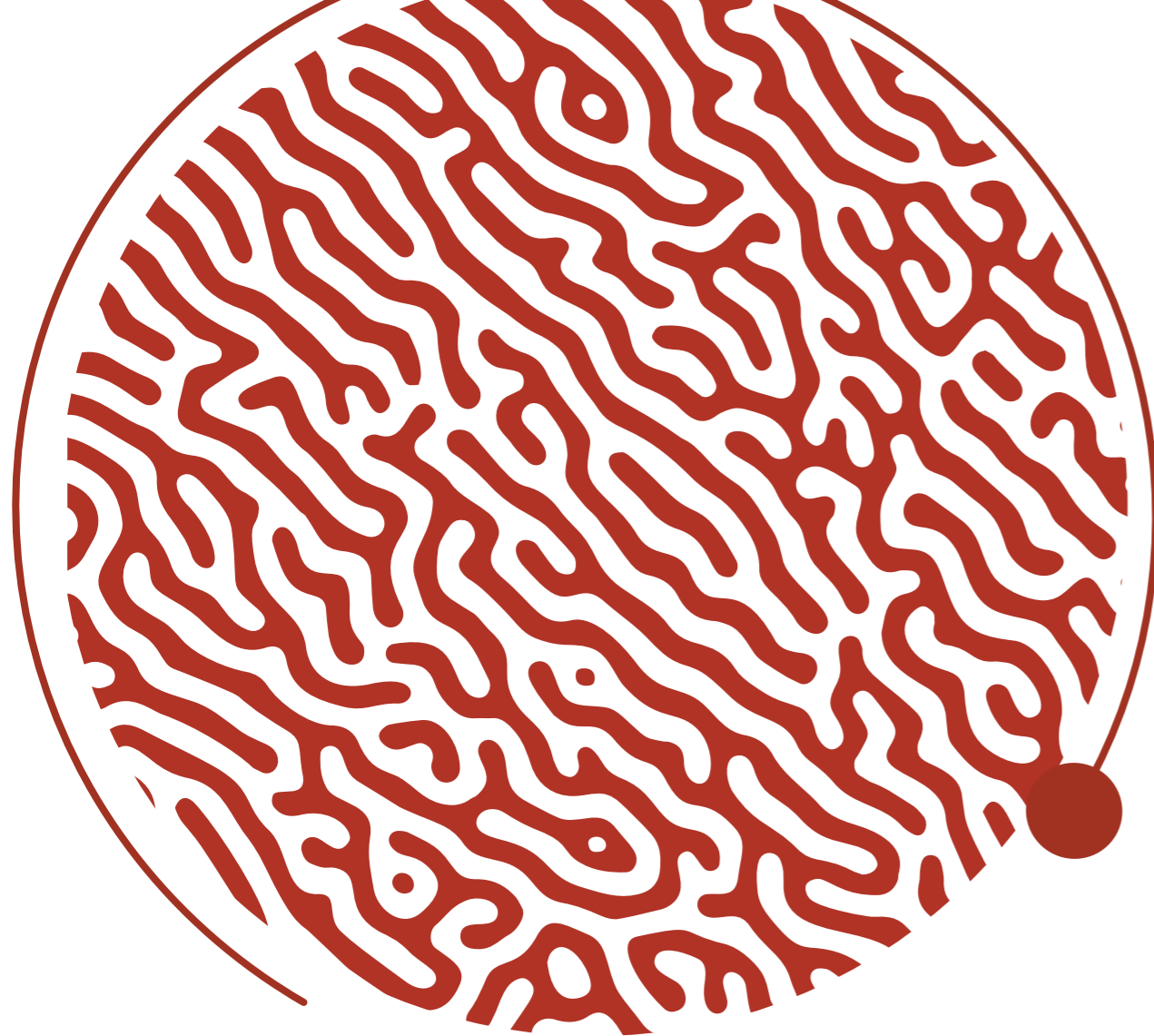
This quarter characterized of crop maintenance activities. Within the farms the main crops under production were:

- Maize- production under 1.5acres
- Tomatoes- production under 1 acre
- Beans- production under 0.8acres
- Onions - production under 2.5acres

We harvested tomatoes from the farm this month, which were off taken in the nearby market and the proceeds were reinvested into the crop maintenance activities.

## Sustainability Initiative

8. Complete irrigation project in Esimit farm and increase acreage of crop production activities



## Plan of Action

The next quarter will see the fulfilment of the following:

- Seniors feeding program- resume senior welfare check-ins.
- Seniors Healthcare program- continue medical services delivery to seniors.
- Education initiative- Support the ICT program and ensure seamless operation of the school feeding and madrassa feeding program.
- Sustainability program- infrastructure projects completion.

## Challenges

While we had success in achieving most of our objectives this quarter, we faced one main challenge.

### 1. Closing the loop in health care administration

One of the most exciting activities this year, has been extending healthcare to seniors. This has been through the NHIF pilot that presented findings on seniors' lives as covered above in the seniors' healthcare section. Equally, the pilot shed light on the challenge of medication access a vital part of healthcare delivery. While care is received through healthcare facilities and the clinical days offered in our offices, we find it necessary to appeal to our donors for support on furthering our mission of provision of healthcare to our seniors. Donations to this program, will fully bring the charity's mission of restoring dignity to our seniors full circle. To support us- donations can be made through our website under the donate button, descriptions for donations can be noted as Healthcare. Thank you for your support.

### 4<sup>th</sup> Quarter highlights

Our highlights this quarter were:

#### a. Walkathon Campaign

We had a successful campaign by one of our ambassadors Amina Mulky. The campaign was aimed at fund-raising for the sanitary towel initiative. Amina is passionate about eradicating period poverty and she used her networks to spread word on this ongoing pandemic. Through her efforts and your generous donations we managed to raise USD 1,105. These funds will go a long way in providing much needed menstrual hygiene products to needy girls. We managed to reach our target and raise £1,500, aimed at providing menstrual hygiene products to girls who have no means of accessing them.

#### b. Mama Ibado Charity Piga Kete Teke football Tournament

As the year came to a close, we partnered with various institutions in Isiolo Township to organize a football tournament. Our goal was to raise awareness about Kete, a commonly used drug in Isiolo, while providing a positive outlet for the youth to showcase their talents in football. The event successfully brought together residents of Isiolo, creating an informative, engaging and enjoyable experience that fostered community cohesion.

#### c. Resumption of the swarming period

Our apiculture project has shown a positive turn of event. The bee population has been on a steady rise in December once the El Niño rains stopped. We managed to have occupancy in our beehives, where we closed the year with a 30% occupancy up from 5% in the previous quarter. As the population increases we anticipate to begin honey production in the 2024.

#### d. Pads distribution in Kakamega

In November we supported school going girls with sanitary towels. This exercise was in partnership with Inua Dada Foundation who distributed 1,000 packets of pads to Kakamega Township primary and junior secondary school and Taqwa mosque all within Kakamega township area.

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*Thank you for your support!*

Feel free to approach us on our various platforms

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