

Care Management Plan

Kenya

The logo for Projects Abroad, featuring the text "Projects Abroad" in white on a dark green background. The word "Abroad" is written in a larger, stylized font with a white arrow pointing upwards and to the right, curving around the letter 'd'.

OVERVIEW

Company Mission

Our company mission is to make it the norm for young men and women from developed countries to live and work as volunteers in a developing country; they should work on projects which have a clearly favourable impact on host-communities. In this way, we will continue to create a multi-national community with a passion to serve and to inspire.

Care Programme Mission

Our Care programme mission is to provide sustainable educational support, care and protection to disadvantaged children and vulnerable groups to enhance their physical, social, emotional and cognitive development.

Background Information

Despite impressive economic growth in the last two years, Kenya is among the world's 30 poorest countries, ranking 152 out of 177 countries in the 2006 Human Development Index. Inequalities are wide with the top 10% of Kenyans earning 44% of the national income, whilst the bottom 10% earns less than 1%. Poverty has a severe and long-term detrimental effect on a community. There is often an increase in drug use, mental and physical abuse, as well as disease. In Kenya, 700 children are orphaned every day (one child every two minutes). There are increasing numbers of centres and orphanages to meet the basic needs of these children. However financial constraints and understaffing means that these children often do not receive the emotional and educational support they need.

In 2003, primary education was made free for everyone. However implementing free primary education has been a matter of political expediency rather than a well thought out and planned reform. As a consequence, the education has been of poor quality, classrooms suffer from overcrowding and there is a lack of teachers and learning materials.¹ Slow learners fall behind and absenteeism has increased. A firm educational foundation during the early stages of childhood is vital to ensure that young children can succeed and thrive when they enter primary school. Due to this, much of Projects Abroad's work in Kenya revolves around education, even in our care centres.

Partners

Projects Abroad Kenya registered as a non-profit making organisation in January 2012. We focus on building strong partnerships with carefully selected placements that help vulnerable populations in Nakuru. These placements include centres for street children (Sure 24), orphanages (Kardesh Ber Nea Baby Home) and day care centres and kindergartens (St Martins and Haven of Hope).

¹ http://africa.peacelink.org/wajibu/articles/art_6901.html.

GOALS

In order to work towards our Care programme mission, we have set the following goals to achieve in the placements where we send volunteers:

1. Increase literacy

Over 80% of our Care placements work with children who are preparing for or who are at school. Achieving a high level of literacy is vital for children to thrive when they reach higher education. Volunteers identify and help the slower learners to provide them with a firm foundation for primary and secondary education. Volunteers work closely with local teachers to create visual aids for the classroom and introduce new games and activities to make learning activities more fun and stimulating.

2. Improve English

It is becoming more important for the next generation of Kenyans to be completely fluent in English in order to secure employment. In Kenya, both English and Swahili are the official languages so children need to be competent in both in order to be successful. If English is not focused on at an early age, the children struggle and fall behind when entering primary school. In order to give children the best opportunity, Projects Abroad focuses on improving the level of spoken English and reading and writing skills. Volunteers run extra English clubs in the placements to meet this goal.

3. Promote early childhood development

Early childhood is the period from birth to eight years of age. It is critical to a child's cognitive, social, emotional and physical development.² Early education and preschool programmes enhance children's language and maths test scores, behavioural skills and long-term educational attainments.³

In many of the centres where we work, the children's basic needs are met but there is a lack of additional stimulation. Projects Abroad focuses on improving the physical well-being of children through exercise, team games, meditation, and one-on-one sessions.

4. Raise awareness of healthy living, the environment and family planning

The community plays a key role in ensuring the long-term success and opportunities of the future generation. Projects Abroad aims to introduce a health education programme about sex education, diet, nutrition and fitness. We aim to target the parents, families and caregivers.

5. Improve hygiene Levels of the children

Many of the orphanages and centres we work with do not have the time or resources to implement or sustain good basic hygiene practices. The children often come from very poor homes where cleanliness is not a priority. We want to ensure that all the children in the Care placements learn about the importance of washing hands, cleaning teeth and keeping themselves clean. By introducing routines and best practices, volunteers will be able to limit the amount of health problems children may experience later in life and prevent spreading illnesses around the placements.

6. Improve the quality of life for those living with disabilities

There is a severe lack of knowledge and understanding about looking after children with disabilities. With limited access and support, many children are abandoned or discriminated against. This has a detrimental impact on the quality of life for these children. Many are left for hours with no mental or physical stimulation. We aim to create a structured routine allowing these children to have regular health checks, physical stimulation and involve them in games and activities to help increase their

² [http://www.unicef.org/lac/Inequities_in_Early_Childhood_Development_LoRes_PDF_EN_02082012\(1\).pdf](http://www.unicef.org/lac/Inequities_in_Early_Childhood_Development_LoRes_PDF_EN_02082012(1).pdf)

³ http://siteresources.worldbank.org/EDUCATION/Resources/278200-1099079877269/547664-1099079922573/ECD_LAC.pdf

motor skills and speech. Projects Abroad also aims to reduce the stigma attached to disabilities by increasing awareness in the local community through research and educational presentations.

7. Improve the quality of life for street children and abandoned children

Our aim is to encourage education in all the care centres volunteers work in. The children who come from the streets and slums are often exposed to abuse and drugs. This negatively affects them academically, emotionally, physically and psychologically. Volunteers introduce basic vocational training for the older children to enable them to be self-sufficient and have a sustainable future.

RESOURCES

- a. 140 (average) Care volunteers per year
- b. One x Projects Abroad Care Supervisor
- c. Projects Abroad resources
- d. Monthly workshops/ discussion sessions conducted by the staff
- e. Books, stationery, games, PC and Internet access in the Projects Abroad office
- f. Financial capacity for community work, volunteer support, etc.

LOCATION OF PLACEMENT



Nakuru Town

MONITORING & EVALUATION

- a. Regular feedback from our partner placements
- b. Onsite visits by staff
- c. Feedback from Projects Abroad staff
- d. Volunteer workshops/ discussion session – attendance, feedback and significant outcomes to be tracked by staff
- e. Volunteer Debriefing forms and End of Placement Feedback forms
- f. Early Childhood Development and Care: Overall development status of children recorded after six months. Analysed by placement, area (motor, social and cognitive) and age Results are compared with international standards. Based on this data, more resources are focused on problem areas
- g. Children's feedback: through observation and informal group feedbacks sessions and one on one feedback sessions
- h. Biannual placement evaluation feedback
- i. Test results
- j. Health check-up results