Focus on Kilifi Socio-Economic Rights Profile

Kwetu Training Centre For Sustainable Development
kwetukenya.org
I would like to start by recognizing our partners and supporters who have walked with us on this journey in which the Kwetu Training Centre for Sustainable Development has tried to positively impact the lives of the people of Kilifi County. KWETU which was founded in 1996 by Ulrike Neubert has been involved in a consistent campaign to engage women and the youth of the county in awareness creation through sustainable socio-economic activities which have truly transformed lives.

I want to thank Amkeni Wa Kenya who have been our partners in various programs including the mapping of the county’s rights profile which ended up with the production of the Kilifi County Police Brief (see page 3). As the partnership comes to a close, I wish to thank them and their supporters for the high value contribution to the understanding of the problems facing the county and offering erstwhile solutions.

Let me also thank the Global Fund whose support through CARE Kenya has been extremely profound especially in the area of mitigation against HIV Aids through counseling and testing.

Kilifi County has a multitude of problems which need urgent address like those related to child motherhood, low literacy levels and the ravages of drought in the arid and semi-arid areas of the vast hinterland.

Numerous efforts have been put into place by civil society groups and KWETU in particular and it is our conviction that the present county government needs to engage with these players in jointly addressing the issues affecting the population.

KWETU is willing and ready to partner with the county government, the private sector and civil society in seeking common solutions to these problems and we are sure that they can be surmounted.

The County government has resources that can be channelled to these youth and women groups who have shown an insatiable zest in trying to pull themselves from decades of dehumanizing poverty which can be modeled along the national governments Uwezo and Youth Funds.

KWETU already has over 15 community based organizations carrying out programs on bee-keeping, mariculture, organic farming, eco-tourism and neem processing among others.

Over 28,000 residents have already been tested and counseled for HIV Aids.

The centre has developed a Five year strategic plan (2012-2016) and is managed by a committed board of directors which I chair. The Members are: Ulrike Neubert, Suhaila Cross, Githende Gachanja, Parvez Cocker and Terence Fahey. KWETU is committed to the continued strengthening of its relationships with Coast based CBO’s to improve the quality of life in the region. Thank you and enjoy the newsletter.

Dr. David Obura
Chairman – Board of Directors
What Ails Kilifi County?

How To Achieve Economic, Social and Cultural Rights

The residents of Bahari and Ganze Constituency in 2012 identified what they considered to be the gaps denying them a chance to fully realize their rights guaranteed under the new constitution and for which they sought redress.

This was done through mapping of human rights issues in the Kilifi County while the recommendations were drawn using a Citizen Charter on Economic, Social and Cultural rights in conjunction with Kwetu Training Centre with the support of Amkeni Wakenya program of UNDP.

Health

Only a third of the 1.2 Million residents of Kilifi County can access medical services which are poorly manned, are unevenly distributed and rely on the support of non-state actors where they exist. Apart from the major district hospitals in Malindi, Kilifi and Mariakani, many of the ward level facilities are in a bad condition, are seriously understaffed and lack basic supplies and equipment to serve the residents. There are 93 public, 6 non-governmental organizations, 13 faith-based and 110 private facilities leading to a total of 222 health facilities in the county but 57% of the population have to travel over 5 kilometres to access them. The County government needs to recognize that the health burden is increasing and undermining social and economic rights of its citizens. It must re-affirm its commitment to safeguard women's health, eliminate child and maternal deaths and complications and increase the number of public low or no cost medical facilities and health personnel.

It also needs to run campaigns on the harmful use of drugs and alcohol, HIV and AIDS, tuberculosis, and malaria amongst others.

Food Security

The right includes the ability of every household to either have the means to produce or buy its own food. Adequacy of food implies that it must satisfy the dietary needs of every person considering age, living conditions, health, occupation, sex, culture and religion. The Kilifi County government needs to restate its commitment to the realization and fulfillment of the right to adequate, safe, affordable, and nutritious food to all its constituents.

It must address the historical land ownership crises, poor land management and use and promote community land rights. It also has to invest in productivity by enhancing inputs leading to a maximum exploitation of good seasons and promote the use of appropriate land use technologies/inputs that are adaptive to existing weather conditions and climate change.

Water

Kilifi County residents use water from untreated water pans and dams despite the fact that the government is expected to ensure that people enjoy sufficient, safe, accessible and affordable water without discrimination. Tap water where it is available is shared between the humans and livestock. Kilifi County government must ensure provision of clean and safe water to households, schools, health centers and other public institutions. The government needs to provide adequate budgetary resources for the water sector and develop mechanisms for protecting, treating and regularly rehabilitating existing local water sources. It also must improve distribution and supply by developing by enhancing water infrastructure.

Education

According to a research carried out by Plan International in 2012 transition rates from Primary to secondary stood at 21% while those of secondary to post secondary stood at a dismal 7.8%. The greatest barriers to education in Kilifi are affordability, teenage pregnancies, early marriages, the expectation of learners to contribute to the family income among many others.

More than 75% of children in lower primary and over 65% in upper primary cannot read English fluently. The CDF funds have greatly contributed to the improvement of infrastructure in some schools. Education personnel in the County are inadequate in numbers and practice and it has also been established there is lack of serious teaching and teacher supervision. The government must undertake a bench-marking exercise in other better performing counties to assist in monitoring the performance in its schools as well as improve the schools’ infrastructure. Kilifi County government needs to host a stakeholder’s consultation process to deliberate on the education performance in the County and also draw policies that include zero tolerance on violence against women, eliminate sexual coercion and ban forced and early marriages as well as other culturally retrogressive practices.
Above and below: Working the mariculture ponds at Kwetu

The energy saving jiko

The solar neem leaves drier

Tourists get a thrill on the Kwetu centre board walk

The edge of the board walk at Mtwapa Creek

Ihaleni fishermen bring in the catch

Fish from the ponds

Okra from the organic farms

Kwetu Training Centre

An aerial view of the Kwetu mariculture ponds and the creek beyond

HIV/AIDS Counselling
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Kwetu Training Centre
Kwetu Centre for Sustainable development has been dealing comprehensively with the problem of alleviating poverty in rural communities in Kilifi and Kwale counties training them on the sustainable use of natural resources to develop innovative products. Most communities are practicing bee keeping as a commercial based enterprise which contributes 35% of their daily living. Of all the products, our communities have been able to produce honey, bees wax and propolis, but mostly honey which has contributed the 35% of poverty alleviation. Kwetu has been the main source of marketing for the products for both Kilifi and Kwale county communities. In Kilifi county Kwetu has been supporting 10 community groups with 120 bee keepers and among the 10 groups 5 groups are in the front line of production that’s Abent youth group in Mtepeni, Green Marine in majaoni, Jipe Moyo group in Dongo Kundu, Upendo women group and Kwetu centre. And in Kwale county for the past three and half years, Kwetu has been facilitated 12 community groups with 250 bee keepers having 750 bee hives allocated 3 hives per farmer. The lesson learnt from both counties for those accepted the project is that honey production is their basic need for it has helped them in their day today lives, paying school fees for their children and even starting small business like food kiosks, livestock farming and video show kiosks. Kwetu training centre for sustainable development is facilitating projects supported by Slovak aid and Community development trust fund CDTF on increasing self sufficiency and food security to enhance livelihoods through honey production. The major problems faced by the bee keepers are mainly pest infestation, ability to identify and control, fear of bees and not yet considering bee keeping as an income generating enterprise. Today, the collective cloud hanging over Kwetu’s (community) heads is the ongoing process of a modern honey processing building and the level of community involved in the management and production of the products. The communities were trained in various fields on bee keeping technologies. In order to yield optimum returns from nature based products, Kwetu centre whose major theme is to improve natural resource conservation and livelihood through community based enterprises is going through a rapid metamorphosis as a new structure is soon to be erected to replace the old and devastated honey building and when completed this silver lining is to be named Kwetu honey lab. The activity is co-founded by Slovak Aid project and will be managed by management comprising of facilitators related to apiculture.

**Bee keeping is like any other livestock activities, only here we talk of insects with commercial inputs. From bees, we get 6 different types of products as follows:**

- **HONEY**: obtained from nectar flowers, used as food (nutritional) value, medicine (cough syrup), food preservative (meat), making juice, local brew and cultural ceremonies.
- **BEE WAX**: obtained from glands of worker bees, used as bee attraction, making candles, making cutex, lipstick and for comb foundation.
- **POLLEN**: obtained from anthers of flowers, used as food for broods, for pollination and consumed by man as protein.
- **PROPOLIS**: obtained from tips of trees and buds saps, used as medicine (ulcers), seals unwanted holes in the hive, bury and cover things that bees cannot carry.
- **BEE VENOM**: used for making antihistamine and antitumor (prevent allergy)
- **ROYAL JELLY**: used as food for the queen and young bees, all nutrients needed by man are found in the royal jelly.
Mida Women Exude Optimism
The Bidii Yetu Na Kazi Women Group

The road leading to Mida creek, a few kilometres from Malindi town winds its way through coarse bushes and groves of cashew nuts which have seen better days. The story of the Mida Bidii Yetu na Kazi Women group is one of a string of successes that have been celebrated in the vast Kilifi county courtesy of a programme on Organic Farming introduced by Kwetu Training centre in the last few years. The programme constitutes the utilization of organic method of recreating value from their environment and has been adopted whole heartedly by the members who are pleasantly surprised at the simple yet extremely effective strategies of befriending nature to improve their lifestyles.

As they take us through the small nurseries of vegetable, trees and even fruits, there is an exaggerated swing in their step as they roll out the advantages of their new farming skills.

“We had no idea that you could improve your food crops without spending money but now we know how to get manure from the waste grass all over our compounds, how to use the natural plants to fight pests as well as how to store our produce,” states Ms. Amina Hamisi Hemedi, leader of the women group, which also has two male members.

Door to Door Testing & Training Sessions Record Success

The door to door campaign for counselling and testing of Kilifi residents by HIV AIDS experts from Kwetu Training Centre achieved success beyond the targets which had been set by the organisers.

The exercise was conducted in March within Kilifi South, Rabai and Kaloleni constituencies to increase access of HIV testing and counselling services.

In some areas like Kaloleni where there were no peer educators, the facilitators had to engage Community Health Workers (CHW) from the neighbouring health facility to ensure the success of the programme.

“Through good collaboration from the DASCO’s of Kilifi and Kaloleni the HTC providers and Kwetu staff, the events were conducted successfully and the target numbers were met.” It was reported.

This was the first time such an exercise was being held in the area and hence most of those counselled and tested were new.

The target number of 90 clients per visit was met while the DASCO’s ensured that there were enough HIV testing kits throughout the exercise.

Kwetu praised the role played by CARE Kenya Global Fund team which had joined them at the event in Mazeras/Kasarani and for supporting the Community Health Workers (CHW) in mobilization of the public.

During the same period, Kwetu Training Centre conducted twelve training outreaches in parts of Kilifi in a bid to increase HIV prevention and treatment services.

The training which was conducted in Kilifi South, Ganze and Kaloleni constituencies last March was in the form of role play, presentations and group discussions and helped to raise pertinent issues related to the affliction.

It came out that most of the participants while having a vague idea about what HIV AIDS was could not explain the relationship between the two and had to be taken through the various stages that a patient will undergo from HIV infection to fully blown AIDS.

They were also guided on what constituted the major signs exhibited by people with AIDS throughout the various stages of progression.

The participants presented varied myths of their understanding of the origins of HIV Aids some of which hinged on the absurd.

The trainers had a hard time demystifying these theories to show that that AIDS was caused by the HIV virus.

A discussion on why women were more vulnerable than men to the disease mainly due to biological reasons and the backward cultural values which encouraged sexual violence especially amongst the majority who lived below the poverty line.

“HIV is not transmitted through tears, sweat, saliva, vomit, faeces or urine.” They were informed.

Young people especially were more at risk due to peer pressure while cultural practices like wife inheritance, traditional circumcision and intravenous drug use were great contributors to the spread of the disease.

The youths were urged to visit VCT centres for testing.
The residents of Ihaleni Kakungulu at the northern end of the Kilifi Creek north of Mnarani have a clear plan of action as they see the fruits of their one year Mariculture programme in partnership with KWETU. The plan is to intensify the labour, investment and commitment to the programme three or four times as the benefits start to trickle in.

"Where we have 4 ponds of the fisheries, we want to increase them to 10 or more, where we have 15 bee hives, we want to increase to thirty or forty and even for the boats which are now two, we want to increase them to six or eight. Then we can competitively increase our profits!" The Chairman of the group told us recently.

Ihaleni-Kakuluni Mariculture Project To Treble Production

As Success Beckons

Today, the group has plans of increasing the length of the mangrove board walk which they just completed to enable them reach some island in the woody conurbation so that they can build cottages which can help them tap into the tourism market. As the group of men and women rolled out their list of successes from the prawns and crabs ponds to the fish market which they have been feeding with produce from their project, it was easy to see the source of their over-kill in enthusiasm.

"We have seen the benefits of the present approach guided by KWETU and we are shocked that we have been sitting on these resources for decades without an idea. Now it is time to do whatever we can to improve our livelihoods! Thank you Kwetu!" The Chairman adds.

Ngerenya School

Project Benefits Trickles to The Village

Ngerenya High School with its modern shiny roof presents a rare spectacle of academia with neat dressed students going about their business with astute concentration. But it is for another reason that Ngerenya High School is catching the attention of the residents of the region many of whom are now direct beneficiaries of their organic farm which is run by the Young Farmers Club under Mr. Ngala Chome, the patron.

The small shamba behind the classrooms has become the talk of the area courtesy of the produce which is slowly starting to feed the general area.

Even the school principal, Mr. Mathias Mwakule, is a study of enthusiasm who speaks of the shamba with great pride as he drops all his assignments to accompany us on the tour of the farm. Although most of the food crops have been harvested, there are still small clumps of spinach, kale and other vegetables as well as tree nurseries.

The principal and the patron all talk of plans to extend the acreage of the school shamba to meet the growing demand from the populace which now has hints of evolving into a major income generation sector for the school.

"Now that we have even managed to tap rain water into this giant tank, we can expand our production so that we can meet the growing demand for the vegetables that has caught on in the village," the Principal says.
Koibatek Tour a Great Learning Experience For Mtakimau CFA

Kwetu Training Centre started a facilitation process of forming “Community Forest Association” (CFA) with focus on Kilifi and Mtwapa creeks and conservation of mangrove forests since late 2012. This was aimed at helping the local communities to gain control over the natural resources in their surrounding environment and guide them to utilize their natural resources in more sustainable manner. To do this it is importnat for the forest associations to cooperate closely with institutions of the Kenyan government especially the Kenya Forest Service and Kenya Wildlife Service. Level of leadership and experience from negotiations are important skills for the CFA representatives and members. An exchange visit was therefore organized for leaders of the newly forming coastal CFA to visit and experience the Koibatek CFA from the Mau complex region.

The objective of the exchange visit was to strengthen the capacities of the coastal based CFA in the Participatory Forest Management process, exchange experience and ideas as well as networking among members. The Koibatek CFA representatives presented a spectrum of potential challenges while forming the Community Forest Association. The coastal residents also took a tour through Koibatek forest to see an example of how ecotourism activities can be organized within the forest. They learned about sustainable utilization of natural resources such as agroforestry, sustainable logging, bee keeping, tree growing, livestock keeping and grazing, production of herbal teas and natural cosmetics.

The tour was organized by Kwetu Training Centre for Sustainable Development, People in Peril Association Slovakia, and NECOFA under the theme “Increasing economic self-sufficiency and food security through the agricultural development and protection of natural resources on the East Coast of Kenya”.

Clear cutting in Koibatek forest as a wrong example of forest management
Water is crucial for our lives but can be extremely expensive if you were to use Municipal water to irrigate your farms. While water scarcity in the region has become a song during the dry season, this need not be so because the water we receive during the rainy season just needs to be properly managed. And its free!

According to several studies, the rooftop rainwater harvesting has a potential to sustain a whole year water demand by one person in rural areas receiving just 200 mm annual rainfall. For example, simple arithmetic assuming per capita rural water consumption at 20 litres/day shows an annual water demand of 7.3 m3 per person/year, which could be supplied by a roof catchment of 36.5 m2, if only 200 mm of rainfall per annum were available. Think about the volume one can capture in Kilifi county where the annual rainfall is around 1200 mm per annum!

All you need to do is to find a way of capturing this free supply of rain water with as little investment as possible. Little investment is needed for pipes and gutters (investment in infrastructure is what your municipal water company does). The storage depends on your budget but investments will pay off if you calculate ahead. During our recent exercise with schools we have calculated that with a modest roof catchment 30 x 6 meters the school can capture over 194 thousands of litres of water every year in Kilifi county. Isn´t that a better solution for the school than asking students to bring 3 litres of water in jerry cans every day or paying for huge water bills?

Many people protest that this would not work on family farms. Family farmer, Mr. Wachira, residing at the foot of Mt. Kenya doesn´t agree. He has built his surface water pan of capacity 150 thousand litres for only 30 000 Ksh. Nowadays he runs a profitable farm without having to buy the municipal water and in combination with drip irrigation system he is sustaining his 2 acres of land for 5 months with no rain. Apart from vegetables for his family consumption he grows passion fruits for the market and he makes over 80,000 Ksh of pure profit every month. Do you need to give it an extra thought?
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Kwetu Training Centre for Sustainable Development is a grassroots Non-Governmental Organization located about 7kms from Mtwapa town along Mtwapa Creek in Mtomondoni Village in the Coast Province of Kenya. The organization was founded in 1996 by Ulrike Neubert and other 5 professionals, who saw the vast underutilized natural resources along the Kenya Coast, where people were nonetheless living in adverse poverty in the midst of wealth. It was duly registered under the NGO Act of 1991 Laws of Kenya in 1997.

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**Vision**
A Poverty Free Community Living in a Healthy Environment

**Mission**
To empower communities to embrace innovative strategies for livelihoods enhancement, natural resources management and climate change mitigation