



COTRR ANNUAL PROJECT

REPORT 2016-2017



The organization

COTRR is a women-founded, women-led grassroots national Non Government Organisation (NGO) registered in Kenya in 2007. The key aim is to reduce socioeconomic, health, environmental, cultural and other risks that threaten people's lives and livelihoods. The organization works directly with communities and families, striving to reach populations of the last mile and is committed to bridging community development gaps through its integrated approach by supporting household activities for resource and livelihood enhancement.

Currently, COTRR is working with communities in Nairobi, Rift Valley and Central Kenya regions and is actively engaged in organising community structures as vehicles for community managed risks reduction activities, while striving to build local capacities of existing community groups to adapt and adopt best practices generated by the national research bodies to improve livelihoods.

Vision

Resilient communities with sustainable livelihoods.

Our Core Values

- Participation by all stakeholders
- Empowerment of communities
- Accountability and Professionalism
- Equity and Justice
- Sustainability of programs

Mission

To support community strengths and potentials to initiate innovative and sustainable programmes for long term livelihood security.

Program Goal

To enable vulnerable members of communities to identify, and organize available resources through collective participation in program management in order to improve the quality of their lives.

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Geographic Coverage Areas.

COTRR works in Kenya, with projects in three counties.

1. Narok County
2. Kiambu County
3. Muranga County

Narok County is found in South Rift valley region of Kenya and covers an area of 15,097.8 km² with a population of 366,750- 184,231 male and 181,519 female (republic of Kenya, 1999).

Suswa community, where this proposed project will be implemented, has a population of 5000 comprising of approximately 300 households based in the village centre with household sizes of between 3-8 persons.

Suswa area has no rivers while political conflicts have, overtime, denied the community access to water from neighboring towns. Active volcanic activities have curtailed harnessing of underground water in the region. Poverty levels are high while basic social services are unavailable, inaccessible, or inadequate.

Kiambu County is one of the five counties that form the Central Province of Kenya, covering an area of 1,323.9 Km². The county has four broad topographical regions ranging from upper highlands to lower midlands. The region's main resource is land used for cash crop farming mainly tea growing and food crops for subsistence.

COTRR implements projects in Nyanduma location of Lari sub-county (441.1 Km²) with a population of 120, 071 people by 2002 and a population density of 272 /km²(2002 -2008 district development plan). The population has since increased leading to large numbers depending on small pieces of land that are economically unable to support the community's social economic needs. The workforce has further been drastically reduced by the HIV/AIDs scourge as the 19-34 age group diminishes by the day leaving behind a large number of orphans to feed for themselves. This has increased the community poverty levels as well as reduced its capacity to accommodate the less fortunate members of the community. Women carry the burden of poverty and diseases as they are the family /community caregivers yet have no right to property.

Muranga County is one of the sub-counties in Central Province. The county covers an area of 756 Km² (excluding the Aberdare Forest, which is 174 Km²).

As at 2012, the county was estimated to have a total of 350,303 people. The region's main resource is land used for cash crop farming mainly tea and coffee growing and food crops for subsistence. According to the 2013 Welfare Monitoring Survey, an estimated 39% of the population lived below the poverty line. Poverty in the district manifests itself in many ways including inaccessibility to health services, food insecurity, inadequate portable water, lack of good and proper clothing, inadequate shelter, poor sanitation, high levels of unemployment and underemployment, inaccessibility to proper education and landlessness. Groups hardest hit by poverty include women, the unemployed youth, widows and orphans, families taking care of children with special needs, neglected retired old people, street children and those living in the marginal areas of the district.

The Annual Program Narrative Report 2016 -2017



This annual report covers projects implemented by COTRR during the 2016/2017 financial year with funding from different partners. The report includes work done in the key COTRR programme thematic areas and any other Act of Random Kindness (ARK) undertaken during the same period.

COTRR project implementation approach is hinged on the following pillars:

- Community engagement, Learning & Capacity building of community Structures.
- Participatory / Empowerment Approach
- Networking and collaboration

This is informed by the organization's desire to be an effective facilitator of community development programs which ensures that the initiation and implementation of activities is steered by the people. This strategy empowers communities to actively and effectively be part in their development process as owner/partners as opposed to being recipients of services.

Thematic Area 1: Strengthening Community Structures, Learning and Capacity Building

This program thematic area cuts across all projects implemented by COTRR. Capacity building of the groups is therefore central throughout the project cycle with training programs being specific to particular communities, target groups and issues.

To ensure community risks are reduced, organisation and capacity enhancement of community structures is critical to the sustainability of development initiatives. To this end, COTRR facilitates the identification of volunteer Community Program Management Committees (CPMC) who are taken through on-going Training of Trainers (TOT) workshops on Project management, Community Managed Disaster Risk Reduction (CMDRR) and Community Natural Resource Management (CNRM) as key pillars in community risk reduction and resilience building initiatives. All other trainings are based on specified project and community needs.

Thematic Area 1: Project 1: Community Organisation, Group development and Capacity Building

In the 2016/2017 financial year the program undertook the following community capacity enhancement activities to build on the groups knowledge and skills:-

- ❖ Mobilisation and organising vulnerable community members into 4No. Farmer groups in Muranga and Nyanduma to undertake dairy goat farming.
- ❖ Training on group formation and dynamics to 4No. Community farmer groups.
- ❖ Review training of student peers educators and community leaders on pastoralist children's rights and access to education
- ❖ Training of 35 Women on effects of FGM on pastoralist children's rights and access to education.
- ❖ Training of 55No. community members on dairy goat upgrading, nurturing and product marketing
- ❖ Training 20 pastoralist community leaders on FGM risks and resilience building against drought and famine hazards.



Thematic Area 1: Project 2: Children with Special Needs Assistance Project

This project is an on-going project that aims at strengthening community structures to accommodate and mainstreaming children with special needs into their families' day to day activities. Establishing a community support group that will lead in positively influencing affected families and community attitudes towards special needs children, disseminate knowledge about specific conditions for the children with special needs, and demonstrate the utilization of physical space for enhancing child growth and development. The project will also be geared towards reducing the isolation that is so frequently a part of the family care for special children. The project is being implemented in Kimathi, Muranga and Lari, Kiambu project areas.

Thematic Area 1: Project 2: Children with Special Needs Assistance Project



Project Goal

To strengthen the capacity of Community volunteers to provide community, home based care and support to children with Special Needs and their families through training, physiotherapy services, psycho-social, medical and nutritional support.

Project Objectives

1. To increase access to comprehensive home based care and psychological support to 35 Special Needs Children and their guardians in Nyanduma and Kimathi communities throughout the project period.
2. To facilitate access to physiotherapy services and medication for Children with Special Needs through training of volunteers/guardians and linkages with service providers.
3. To offer food, nutritional supplementation, and psychosocial support to 15 severely malnourished children.
4. To create awareness on the plight and rights of Special Needs Children and their families, strengthen and maintain referral systems, networks and linkages with other stakeholders in order to increase care and enhance their support systems.

Project Activities

The project undertook the following activities to achieve its objectives.

1. Training of 15 Community volunteers as CHWs on community based special child care (CBSC)
2. Reviewed trainings of mothers of children with special needs on WEZESHA(ENABLE) skills to help them manage their children
3. Trained 2No. community lay physiotherapist to support Special Needs Children (SNC) families and equip a physiotherapy room to support the children
4. Supported 15 severely malnourished SNC with nutritional supplements.
5. Facilitated quarterly medical and professional education consultations for the special children & their guardians.
6. Support medication of children frequently in hospital and encourage families to register with National Health Insurance Fund (NHIF) and the Association of people with Disabilities (APDK)
7. Facilitate CHV monthly meetings for sharing, debriefing and reporting
8. Strengthening referral system from Community to public health facilities and vice versa for Special Needs Children.
9. Participatory monitoring and evaluation of program activities and share best practices and lessons learnt with GOK, key stakeholders and partners.

Project Outcomes.

- Increased awareness of the community on children with special needs and consequent reduction of associated stigma.
- Improved health, nutritional status and general wellbeing of special needs children and their families.
- Improved access to education and physiotherapy services for Special Needs Children.
- Increased human rights awareness leading to reduced discrimination and isolation for special needs children.
- Improved referrals, linkages and networks for care and support in the community.

The project is implemented in partnership with Special Education Professionals (SEP), trained community volunteers (CHVs) in both areas and the County Health departments in the respective areas.

Thematic Area 2: Economic Empowerment and Food & Nutritional Security

This program contributes towards solving rural problems of malnutrition and poverty by supporting smallholder farmers in pastoralist and resource limited communities organize themselves in groups for collective climate smart farming.

The program overall goal is to diversify and promote climate resilience agro-practices among resource limited smallholder farmer groups and agro pastoralists for strengthened livelihood resilience.

This program is two-pronged. On one hand, it involves implementation of food security projects designed around the agribusiness model and also initiation of other sustainable income generating projects. The organization mobilizes and supports groups to initiate, manage and scale up sustainable livelihood enhancement projects. *The following projects have been implemented under thematic area 2:*

Thematic Area 2: Projects 1 & 2: Kimathi, Muranga & Nyanduma, Lari Dairy Goat Upgrading Project

Projects Brief / Introduction

The projects purposed to enhance the involvement of resource limited small holder farmers in increasing household agricultural productivity. This was to be achieved through empowerment of the small scale farmers through training and scaling up rearing of dairy goats.

The project activities were geared towards the upgrading of existing indigenous goats using the German Alpine, conduct on-site demonstrations and training on animal husbandry and addition of value to the dairy goat products as well as enhance marketing of the goats and goat products.

All the technical packages were to be disseminated by the government livestock and the DGAK officers in Kiharu and Lari Sub-counties.

The projects are on going and have a strong sustainability component whereby the beneficiary gives back a weaned female kid after 2 years. The goats are then distributed to other needy families.

The Community trained Volunteers / TOTs are expected to train the new beneficiaries on all aspects of dairy goat upgrading process with support from the DGAK area support officers, GOK extension service staff and the COTRR Field Officers in the respective areas.

Through the projects, the beneficiaries are also organised and registered as Farmer groups. COTRR then enhances the group development and linkages to available opportunities and markets for their produce.

Knowledge and skills transfer to the community through the TOT methodology ensures that the initiative continuous therein beyond COTRR partnership.

Thematic Area 2: Project 1 & 2: Kimathi, Muranga & Nyanduma, Lari Dairy Goat Upgrading Project

Project Goal:

The aim of this project was to improve nutritional and livelihood security for vulnerable small scale farmers and families of children with special needs in Kimathi, Murang'a and Nyanduma, Lari through implementation a dairy goat upgrading program

Project Objectives:

- ❖ To fulfil the above goal, the project would address and in the long-run achieve the following specific objectives:
- ❖ To improve the existing indigenous goats by using the German or Kenya Alpine.
- ❖ To improve the nutrition status of the families and in particular Children with special needs, orphaned and vulnerable children and their elderly guardians.
- ❖ To improve the economic status of the farm holdings through sale of the goats off springs as well as sale of goats' milk.
- ❖ To support the community, improve soil fertility by production of compost manure.
- ❖ To produce indigenous and other vegetables by using manure from the goat pens.
- ❖ To facilitate breeding stock to the neighbouring areas as a spill over effect.

Key Project Activities.

- Conduct a stakeholder's community forum/ meeting to introduce and plan the project.
- Training of TOTs and beneficiaries on dairy goat upgrading process, animal husbandry, housing, value addition and marketing.
- Purchase and distribute 5No.German Alpine bucks and 1Kenyan Alpine pedigree goat for 6 farmer groups.
- Purchase and distribute 80 indigenous goats to 40 vulnerable households for upgrading
- Support construction of goat and buck pens at the group and household levels.
- Source and distribute seeds for nutritious goat shrubs
- Conduct on-site trainings and demonstration on animal husbandry and construction.
- Facilitate day to day field monitoring by TOTs and the COTRR Field Officers
- Conduct project bi-monthly monitoring field trips for on going activity review
- Hold annual evaluation workshops with all stakeholders to discuss the project outcome and planning on the way forward.
- Network and collaborate with GOK , DGAK and other stakeholders for projects support and sustainability

Thematic Area 2: Project 1 & 2: Kimathi, Muranga & Nyanduma, Lari Dairy Goat Upgrading Project

Project Outcome and Impact

- ❖ 40 No. Benefiting households have a livelihood
- ❖ Improved health of the family members and especially the children from the nutritious goat milk and organic vegetables from the kitchen gardens.
- ❖ Reduced visits to the health centres due to opportunistic infections for PLWHAs and children with special needs
- ❖ An alternative source of income for the family from the sale of male off-springs and excessive goat milk
- ❖ Availability of manure from the goat sheds for the kitchen gardens
- ❖ Increased school enrolment and improved attendance of pupils ensuring access to education for children
- ❖ Enhance community knowledge and skills on dairy goat farming
- ❖ Improved linkages with service providers giving the community access to available government and other partners support
- ❖ Formation and registration of community groups that engage in community development initiatives and can access the government devolved funds



- The Dairy Goat upgrading process starts with 1, pure Kenyan Alpine buck, mating with the indigenous goats in 2, to produce in 3, a kid at the foundation stage of upgrading.

Thematic Area 2: Project 3: Suswa Livelihood Enhancement and Advocacy Project (S-LEAP): 2016-2017.

The project is a continuation of COTRR's partnership with Suswa Pastoralist community whose goal is improve the lives of women headed households through risk mitigation interventions. The project aims at providing livelihoods and access to water to vulnerable women headed households as well as positively influencing the community to abandon retrogressive cultural practices that are a risk to the girl child education.

The project is addressing the following objectives:

- ❖ To build the capacity of Suswa community elders / TOTs and students to create awareness on children's right to education and engage in advocacy work against FGM, Child Marriages and Child Herders.
- ❖ To contribute in poverty reduction through provision of livelihoods to women headed households in Suswa community.
- ❖ To improve access to clean water through household water harvesting
- ❖ To improve food security by providing drought resistance short duration seeds to 30No households and 1No. primary school in Suswa community
- ❖ To strengthen linkages with other stakeholders in service provision through monitoring and evaluation of development activities in the area.

Project activities Undertaken:-

- ✓ A stakeholders meeting for project activity sharing and planning
- ✓ Trained 20No. TOT on community awareness creation and advocacy against FGM, child marriages and child herders.
- ✓ Trained 20No students from 5No. primary and secondary schools on children's rights with special emphasis to education and legislation on retrogressive cultural practices.
- ✓ Supported 30 No. households with a livelihood by providing 5No. female sheep per family
- ✓ Purchased and distributed 20No.rain water harvesting facilities to 20 vulnerable women headed families.
- ✓ Provided seedling to 30No. households and one school for food security
- ✓ Facilitated community elders/TOTs to undertake advocacy work in Suswa community through chief's barazas, self-help groups, churches, schools and rights' of passage annual events.
- ✓ Facilitated community project management committee's monthly meetings for project implementation updates and motoring reports
- ✓ Undertook monthly and quarterly monitoring activities and organized an evaluation workshop of project activities by all stakeholders.

This project has been implemented in collaboration with the relevant government ministries that include Livestock, Agriculture, Education, and the local administration. Other stakeholders are community self-help groups, Church representatives and community leaders.

The sustainability component continues with each sheep beneficiary expected to give back 2No. Sheep to the project for redistribution to other vulnerable families

Thematic Area 2: Project 3: Suswa Livelihood Enhancement and Advocacy Project (S-LEAP): 2016-2017.



1



2



3

4



A cross section of the project activities from beneficiary identification in 1, to a of display some project outputs in 2 & 3 and the project evaluation workshop in 4. In 2, two of the five sheep provided to this family already have rams and are providing milk for the family while in 3, a tank beneficiary collects water for household use.

COTRR Education Sponsorship Programme.

The project is part of a broader COTRR initiative aimed at promoting pastoralist children especially girls, child herders and other children at risk of dropping out of school access to education in order to better their lives in the long term. The COTRR sponsorship Program supports bright needy children in challenging circumstances to access both primary and secondary education. It is geared towards helping these children rise above their current circumstances to realise their dreams, transform their lives and that of their families and communities which is critical to national development.

Program goal:

To support bright children from socioeconomically and culturally vulnerable backgrounds access education in order to transform their lives and that of their families and society.

Program Activities:-

- ❖ Community Identification and profiling of needy and at risk children from the COTRR program areas
- ❖ Assessment and verification of deserving beneficiaries
- ❖ Networking and negotiating with partners and individuals to sponsor the students
- ❖ Payment of school fees for all the students and support with personal effects for desperate cases
- ❖ Termly follow up on academic performance and communication to the sponsors
- ❖ Termly mentorship at project areas and annual mentorship for all students at a central location

Key achievements

- 2016/2017 program year saw another group of 7 No. needy children enrolled on the program with a current total of 32 students being supported.
- Termly mentorship sessions continued in each of the project sites, and an annual mentorship workshop in Nairobi. Three of the project partners were able to participate in the workshop, encouraging and motivating the children.
- Virtues inculcated during the sponsorship period include: determination, patience, hard work, honesty, diligence, integrity among others.
- Life skills ie confidence building, etiquette presentations, public relations among others are encouraged,
- 4 No. Students from the program joined other students from four schools in Suswa for training as Peer Educators. They will henceforth participate in mainstreaming of advocacy on children's right to education and the abandonment of retrogressive cultural practices such as FGM, Child marriages and Child herders.
- During this period, the program's graduated the first student from secondary school with excellent results (B+). She waits to join the university in September 2017.

Thematic Areas 3: Education Sponsorship & Advocacy Program

COTRR Education Sponsorship Programme.



1



2



3



4

Education program annual activities including home visits of identified beneficiary in 1, Suswa termly mentorship session in 2, annual mentorship group work and students bonding session in 3&4.

COTRR Annual Report : ARK PARTNERS

ARK is an acronym for Acts of Random Kindness.

It is a concept that originated from the co-founders of COTRR who would extend small acts of kindness to the needy around them.

With time, these acts amounted to immense contribution to the welfare of those they touched. Realizing the potential in such gestures, the co-founders built on to the kind acts to start a legally registered non-profit organization, hence the genesis of COTRR.

ARK Partners is an initiative that brings together individuals from all walks of life, all over the world and gives them a unique opportunity to touch lives among resource limited families and communities in Kenyan rural areas. Each willing contributor, wherever she/he is, gives a small donation to support a child, a family, a school or even a community.

Kenyan ARK partners work with COTRR to achieve the following.

- Organize community outreach medical camps.
- Educate orphaned children in primary and secondary schools.
- Stock libraries for public schools and donate other learning materials.
- Support schools for children with special needs.
- Feed families that would otherwise go for days without food.
- Support children living with HIV with nutritional supplementation.
- Rehabilitation of shelters for orphan households.
- Buying water tanks for needy orphaned households.

ARK Partners from other countries who wish to visit rural communities are assisted by COTRR to access their preferred areas within COTRR project sites and contribute through any of the following ARK initiatives.

- ❖ Each Monthly support for a destitute family @ 50 dollars (Kshs. 4,000)
- ❖ Support for secondary school education for a needy child @ 650 dollars (Kshs. 65,000) per year
- ❖ Support for a special /disabled child from a poor family @ 40 dollars (Kshs. 3, @ dollars. 200) per month.
- ❖ Purchase a water tank for a poor family @200 USD (Kshs. 16,000) or School water tanks @ 1,000USD
- ❖ Support for implementation of a community project through individual, club, Foundation or organisation contributions. [Above 5,000 dollars Kshs. 400,000]



Join this unique network and put a smile on deserving families. For further details, please contact us at admin@cotrr-africa.org.

Key Programs Implementation Challenges

In the course of 2016/2017 financial year COTRR successfully implemented the above detailed projects and activities, but not without some challenges.

- ❖ Sustainability of projects due to financial uncertainty being the greatest challenge.
- ❖ The community volunteer strategy sometimes puts financial pressure on the organization as members feel they should be compensated for their time. Recognising that most of these members are also resource poor, COTRR is trying to establish a reward system for this group through support in collective projects.
- ❖ Climate variability has often times affected the project initial work plans forcing the organization to push some activities forward, which comes at additional implementation costs.
- ❖ Hazards such as drought and diseases have resulted into complete loss of crops and animals.
- ❖ Advocacy efforts against FGM remains a big challenge as some of the leaders hold traditions close to their hearts and resistant to change. However, the community education and advocacy campaign which now includes the elders and pastors is slowly bearing fruits.

Lessons Learnt

COTRR continues to maintain an ambitious monitoring, evaluation and coaching culture that has ensured timely project implementation that meets set organization standards.

There has also been proper documentation efforts. Our experience is that this greatly impacts on positive project outcomes, as well as influencing future project design and planning.

Community engagement and participation at the heart of COTRR project implementation practices has ensured that project results are greatly improved due to ownership by project participants and community members.

We are cognisant of the effects of climate change and associated hazards on our initiatives and are working with the communities in seeking the best option to enhance the community resilience to mitigate and or cope in order to prevent disasters.

COTRR Annual Report : Conclusion

The COTRR Resilience Building Program continues to expand, with reasonable outcomes. Revitalising indigenous resources and knowledge has led to high success rates for the dairy goat projects in Murang'a and Kiambu as well as the stocking initiatives in Suswa Pastoral community. There has been remarkable growth in the COTRR Sponsorship Program, and this is laudable. The new strategic programming direction will be guided by the COTRR Resilience Building Concept Framework. The COTRR team looks forward to reaching more families and communities while ensuring both programmatic and financial sustainability in the 2017/2018 Financial Year.

