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## PROJECT PROPOSAL

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*Project Title*

**THE CHILDREN BEHIND PROJECT**

*Implementing  
Organization*

**PROGRAMME FOR REHABILITATION OF WOMEN AND CHILDREN  
IN SOCIO-ECONOMIC DIFICULTY (PROWED)**

*Address*

**PROWED KENYA, NDHIWA OFFICE,  
P.O. BOX 18, NDHIWA. TEL.: 0727 326532.  
OR P.O. BOX 5200 – 00506, NAIROBI.  
TELEPHONE / FAX: 254 – 02 – 2243028  
E-MAIL: [prowedkenya@yahoo.com](mailto:prowedkenya@yahoo.com)**

*Supporting  
Development  
Partner:*

**CATHOLIC RELIEF SERVICES (CRS)**

*Project  
Location*

**NDHIWA CONSTITUENCY (2 LOCATIONS), NDHIWA DISTRICT,  
NYANZA PROVINCE**

*Target Group*

**OVCs AND CAREGIVERS**

*Target Number*

**2000 OVCs AND THEIR CAREGIVERS**

*Project Duration*

**ONE YEAR**

**KENYA SHILLINGS SEVEN MILLION FOUR HUNDRED AND  
SIXTY FIVE THOUSAND, THREE HUNDRED AND TWENTY SIX.  
(KSH.7, 425,326). (USD 9, 0064)**

*Contact  
Person*

**MONICA AMOLO  
PROGRAMME MANAGER/FOUNDER  
  
TEL:0722-729574**

*Proposal  
Developer*

**MONICA AMOLO**

## **EXECUTIVE SUMMARY:**

Programme for Rehabilitation of Women and Children in Socio-economic Difficulty (PROWED), a non-governmental organization committed to the welfare of the less fortunate in the community particularly women and children. However, the community to which the targeted group(s) belongs may indirectly benefit from the programme as in most cases improving the community as a whole contributes significantly to the well being of the target group. PROWED operates in Nyanza province, south Nyanza District with emphasis in Ndhiwa District taking care and supporting 1,049 OVCs and care givers

PROWED has in the past three years (2006/2007, 2007/2008 and 2008/2009) implemented activities aimed at improving the livelihood of OVCs in two locations of Nyarongi Division in Ndhiwa Constituency (i.e. South and North Kanyikela locations) in which 1,049 OVCs and their caregivers were given care and support with the assistance of Catholic Relief Services (CRS).

PROWED proposes to continue with the care and support given to the OVCs in the said locations but with an increased number of beneficiaries. The total proposed coverage by PROWED remains Nyarongi Division – 2 locations (South Kanyikela and North Kanyikela and a target of 2000 OVCs (all inclusive). Other than the OVCs and their family members, the project will benefit the entire community through the HIV prevention and control activities that forms part of the project activities.

Implementation of the project offers the OVCs equal opportunities for exploiting their potentials and securing a better future like other children. The project will continue with the previous interventions – i.e. community mobilization (IEC activities), care and support to OVCs and families staying with them, capacity building at organizational and community levels (trainings), economic empowerment of the groups through SILC programme, HIV and Aids control activities, monitoring/supervision and networking with CBOs, FBOs, NGOs and governmental agencies operating in the project area.

Expected outcome of the project is an improved livelihood for the supported OVCs and families harbouring them, more responsive community to the plight of the OVCs and increased participation of community in the HIV and Aids control activities (including home-based care of PLWHAs).

Requested grant for implementing the project activities amounts to Kenya shillings Seven Million four Hundred and twenty five Thousand, three Hundred and twenty six only (Ksh.7,425,326).USD 9.00064

## **1.0. INTRODUCTION:**

Programme for Rehabilitation of Women and Children in Socio-economic Difficulty (PROWED), a non-governmental organization committed to the welfare of the less fortunate in the community particularly women and children. However, the community to which the targeted group(s) belongs may indirectly benefit from the programme as in most cases improving the community as a whole contributes significantly to the well being of the target group. PROWED operates in Ndhiwa Constituency, Ndhiwa District of Nyanza Province.

PROWED has in the past three years (2007/2008, 2008/2009, and 2009/2010) implemented activities aimed at improving the livelihood of OVCs in two locations of Nyarongi Division in Ndhiwa Constituency (i.e. South and North Kanyikela locations) in which 1,049 OVCs and their caregivers were given care and support with the assistance of Catholic Relief Services (CRS).

### **ACTIVITIES**

Activities of the concluded phases of the project included:

- Formation of education caucus committee in each location
- I.E.C. activities (Community mobilization)
- OVCs feeding programme – St. Shepris Multi-purpose OVC Centre and Nutritional support to households with OVCs and their CGs.
- Shelter improvement for the beneficiaries.
- Educational support for OVCs (School uniforms, school fees, school levies and vocational training)
- Medical support for OVCs and their caregivers.
- Capacity building of the project staff through training and workshops.
- Institutional capacity building by training of the CHWs.
- Capacity building to communities on child rights and bill.

## **2.0. SITUATION ANALYSIS:**

Homa-Bay District is located along the shores of Lake Victoria and is one of the districts still reporting high HIV prevalence - 26% in comparison to the national prevalence of 7.2% in Kenya. This has had a devastating effect on the livelihood of the community as deaths of parents increase the numbers of orphaned children and poverty levels increase as the living productive members of the community ails. The sum total of this situation is increased dependency ratio and misery for those seeking help as the whole community becomes vulnerable.

The escalating cost of living that now affects the whole country only makes the situation worse for a district that was already posting a poverty index of 69% (197,579) out of a population of 342,356 people being poor; 31,896 households out of 63,300 headed by females and 24% of the population (83,877) being OVCs in the past year - 2007 (District Development Office, H/Bay, 2007).

The chosen project area (Ndhiwa Constituency) had a total of 31,582 OVCs distributed in Kobama Division (6,306), Nyarongi Division (4,214), Riana Division (10,684) and Ndhiwa Division (10,378) according to Homa Bay District's Children's Department report 2007. Of these children, 10,392 had lost both parents. The situation has not improved and is probably worse

PROWED through the CRS supported TCB programme has been the only organization giving any significant care and support to OVCs in the area. The other organizations if any are CBOs that provide discontinued care to handful of OVCs whenever they receive little external support. Recently there has been the intervention from other collaborators like Aphia II Nyanza, UNICEF, Plan International (K) and Care (K). But the number of OVCs is too big to be handled by these few organizations again therefore covering a very small area.

It is against the above background that this proposal is made.

### **3.0. PROBLEM STATEMENT:**

The number of OVCs in the project area need external intervention given that the community resources are overstretched addressing other related problems. Without support from other agencies it would be very hard for the community to provide the necessary care and support to OVCs who are an additional burden.

OVCs like all children require protection, education, shelter and other basics that would enable them compete on even ground with other children in quest for a better future.

Community volunteers and CBOs trying to provide care and support to OVCs often lack knowledge and skills relevant for the activities involved and .thus require training to make them effective in their work.

The families staying with the OVCs need support to enable them sustain the care and support for the added responsibility - OVCs.

The ever increasing numbers of OVCs exert some constrain on the resources at the disposal of PROWED and yet many more need be reached in the same area.

The areas proposed for extension is the same community and have shared problems and feel left out by their own when the lack attention for the same problem they face.

### **4.0. JUSTIFICATION:**

The project would provide for care and support of up to 2,000 OVCs making their lives much more bearable. The families living with the OVCs will have reprieve that would enable them to adjust and also start some income generation for future sustenance of the care and support of the OVCs.

Community awareness on HIV/AIDS control, Home-based care of PLWAs, rights of the child among others will be enhanced.

A pool of skilled community resource persons will be in place for continued enlightenment of the community on various issues regarding the care and support of OVCs as well as linking the OVCs and families to other support organizations as necessary.

“Saving internally and Lending in Community” (SILC) component within the project will endeavour to economically empower the community so as to reduce dependency on external support.

PROWED has successfully implemented the project for the past 3 years and have accumulated experiences and lessons to draw from.

## **5.0. PROJECT OBJECTIVES**

### **5.1. Broad Objective:**

The broad objective of the project during the plan period will be to enhance and sustain the care and support to OVCs and OVC households so as to improve on their quality of life as well as extend the project coverage to reach 2000 OVCS.

#### **Specific Objectives:**

##### Result areas:

- R.1. Care and support provided to 2,000 OVCs and families living with OVCs.
- R.2. Targeted local community prioritize the needs of OVC HH and carry out activities to care for and support them..
- R.3. 50% of the target HHs and their families demonstrate improved quality of life.
- R.4. Capacity of 2,000 OVCs and their family members to reduce risks of HIV infection.
- R.5. To improve the capacity of the project and the community members to provide quality care and support to 2,000 OVCs and their family members.

## **6.0. STRATEGIES AND ACTIVITIES:**

### **6.1. Strategies:**

#### **Community Involvement:**

IEC activities will be carried out to increase community awareness and participation in project activities.

#### **Promotion and Support of SILC group formation:**

Identified local CBOs will be involved in mobilising members and the community to form the SILC groups. The groups will be given necessary technical support by the project.

### **Building Community capacity to carry out project activities:**

Training of community resource persons and involving them and community in OVCs needs identification and project implementation will create a capacity within the community for enhancing the project activities. This will also involve paralegal trainings whereby the caregivers will undergo basic training on legal issues hence promoting their rights and those of OVCs.

### **Monitoring, Supervision and evaluation:**

Supportive & Participatory supervision, monitoring and eventual evaluation of the project will be instituted to enhance realization of expected results. The mechanism for these activities will be in-built in the project.

## **6.2. Activities:**

### **R.1. Care and support provided to 2,000 OVCs and families living with OVCs.**

- Medical support/referrals (clinical and nursing care) to the OVCs and their CGs
- Home visits to the OVC HHs by both the project staff and CHWs.
- Guidance and counselling to the OVCs and the CGs.
- Provision of nets to the beneficiaries.
- Water and sanitation by Provision of PUR and water guard
- Provision of sanitary towels to the school girls to reduce school absenteeism.

### **R.2. Targeted local community prioritize the needs of OVC HH and carry out activities to care for and support them:**

- Identification of OVCs for care & social support.
- Mobilize caregivers to form common interest and support groups.
- Community need assessment/prioritization of the OVCs needs
- IGAs support
- Community meetings to sensitize and mobilize the community to own the projects.

### **R.3. 60% of the target HHs and their families demonstrate improved quality of life.**

#### **Educational support.**

- Payment of nursery school levies (ECD)
- Provision of school uniforms to the 500 OVCs.
- Payment of KCPE examination fees to 50 OVCs
- Vocational training and Secondary school support to the OVCs
- Strengthening PTA to enhance parents, teachers and student relationships for the improvement of student's performance.
- Conduct school visits to monitor and evaluate the performance of the students.

#### **Food support**

- Provision of maize, beans, rice, milk, sugar and cooking oil to the OVC HHs and St. Shepris nursery for the improvement of health.
- Provision of nutritional supplements to ART clients i.e. provision of the nutrient dense blends to the ART clients.

**Agricultural support**

- Seasonal provision of seeds to the HHs for timely planting of improved crops for better yields.
- Enhancement established poultry rearing for both economic well being and nutritional support.
- Farmers' trainings and field days to enhance the traditional knowledge of the farmers for better farming practices thus improved yields.
- Establishment of kitchen gardens/local gardens for nutritional supplements and economic uplift of the OVC HHs.
- Develop the projects farm plot for providing farmers with seedlings as well as supporting the feeding programme. Cassava bulking programme is already under way to provide farmers with the cassava stems for planting.

**Social support:**

- Bedding/blankets & Clothing to the OVCs and their caregivers.
- Shelter improvement of the OVC houses to ensure hospitable living conditions to the beneficiaries.
- Formation of saving internal lending community groups for sustainability of the improved life.
- SILC staff training for capacity building.

**R.4. Capacity of 2,000 OVCs and their family members to reduce risks of HIV infection enhanced:**

- Provision of mobile VCT and HBC services to both the community and the beneficiaries.
- BCC in the community
- Formation of HIV/AIDS education clubs in schools
- Caregivers education on ART adherence, behaviour change and child right.
- Community awareness creation through provision of IEC materials e.g. caps, shirts, calendars and posters to the TCB project beneficiaries and the community members.
- Participate in the day of the African Child.
- Participate in the Orphans' day.
- Participate in the World Aids day.
- Life skills training to both the OVCs and strengthening school club activities
- Establishment of Junior Farmers Field School.

**R.5. To improve the capacity of the project and the community members to provide quality care and support to 2,000 OVCs and their family members. This will also involve paralegal training of the target group**

- Staff training for capacity building of the project staff by the CRS.
- Training of additional CHWs on HBC of PLWHAs.
- Technical workshops and educational tours for capacity bulding of the beneficiaries.

- Meetings with stakeholders (Strengthening linkages)
- Meetings with CHWs and implementing committees.
- On-site monitoring and supportive supervision
- Training of additional CHWs on PHC of PLWHAs
- Update training on PHC and HBC for CHWs

## **7.0. MONITORING / EVALUATION MECHANISMS:**

Mechanisms listed below will be used for project monitoring using the following indicators for which data will continuously collected during the project implementation. Collected data will on quarterly basis reviewed and necessary adjustments in the implementation made as and when necessary. Evaluation will be carried out internally at the end of the project.

### ***Indicators:***

- No. of Community meetings/gatherings addressed
- No. of CHWs trained / workshop
- No. of collaborating CBOs
- No. of OVCs receiving care and support from the project
- No. of OVCs received specific type of support e.g. Uniforms, feeds, school levies, medical etc.
- Families assisted to initiate IGAs
- No. of shelters improved/constructed for OVCs/family
- PLWHAs receiving HBC
- Referral to Hospital / VCT
- Mobile VCT campaigns in the project area
- No. of schools and home visits.

## **7.1. Means of verification of indicators:**

- Reports
- Review meetings with beneficiaries
- Interviews with beneficiaries / community leaders
- Receipts where purchases/are involved
- Records inspection
- Site visits
- Photographs

## **8.0. SUSTAINABILITY:**



The following strategies will be employed during project implementation so as to prepare the supported families for eventual self-support when the funding ceases:

- Supporting the OVCs without removing them from the families they are staying with.
- Socio-economic empowerment of the concerned families – supporting them in their agricultural/livestock activities (providing seeds / farm inputs; poultry, etc.) and promotion of saving internal and lending community (SILC).
- Mobilization of community for ownership of the problem of OVCs
- Capacity building through training of caregivers and community owned resource persons.

## 9.0. PROJECT PLANNING MATRIX:

[illegible]

ACTIVITIES	INDICATORS	TARGET	MEANS OF VERIFICATION	TIME FRAME MONTHS (October 2010 – September 2011)												RESPONSIBLE PERSON
				1	2	3	4	5	6	7	8	9	10	11	12	
<b>Objective 2. Targeted local community prioritize the needs of OVC HH and carry out activities to care for and support them</b>																
Mobilize caregivers CIGs	No. of CIGs formed	50 groups	o Reports on the meetings held during mobilization		⚙	⚙										Project staff
Formation of support groups	No. of groups formed	10 groups	o Reports of the meetings.			⚙	⚙									Project staff
Community need assessment/prioritization.	List of needs identified.	As necessary to the needs of the OVCs.	o Records of the needs identified.				⚙	⚙								Project staff
IGAs support	No. of Families or OVCs supported to start IGAs.	Families having OVCs supported to provide for their needs	o Records o Funds disbursed to OVCs / families													Project staff
<b>Objective 3. 50% of the target HHs and their families demonstrate improved quality of life.</b>																
Educational support. Payment of nursery school levies.(ECD)	No. of payments made to the OVCs	150 OVCs	• Records of payments made for the ECD. • Receipts for the payments made.	⚙			⚙			⚙			⚙			Project staff
Provision of school uniforms	No. of OVCs provided with uniforms	500 OVCs	Records of uniforms distributed.				⚙									Project staff
Payment of KCPE examination fees	No. of children enrolled for KCPE.	50 OVCs in primary schools.	• Records of students enrolled for KCPE. • Receipts for the payments made						⚙							Project staff
Vocational training	No. of OVCs enrolled for vocational training	10 OVCs	Records of students enrolled								⚙	⚙				Project staff
Secondary school support	No. of OVCs supported in secondary school	40 OVCs	• Records of students enrolled • Records of payments made • Interviews with the beneficiaries.				⚙	⚙								Project staff
Strengthening PTA	No. of PTA members trained	30 participants x 6 trainings	Training report List of participants			⚙	⚙									Project staff

ACTIVITIES	INDICATORS	TARGET	MEANS OF VERIFICATION	TIME FRAME MONTHS (October 2008 – September 2009)												RESPONSIBLE PERSON
				1	2	3	4	5	6	7	8	9	10	11	12	
School visits by the project staff.	No. of schools visits	108 visits (2 monthly/school)	Records of schools visited	☀	☀		☀	☀	☀		☀	☀	☀		☀	Project staff
<b>Food support</b> Provision of maize, beans	No of family beneficiaries	60 OVC families 100 nursery school feeding	<ul style="list-style-type: none"> <li>Records of food distributed.</li> <li>Interviews to beneficiaries.</li> </ul>	☀	☀	☀	☀	☀	☀	☀	☀	☀	☀	☀	☀	Project staff
Provision of nutritional supplements to ART clients	No of PLWHA beneficiaries	60 PLWHAs	Records of PLWHA provided.	☀	☀	☀	☀	☀	☀	☀	☀	☀	☀	☀	☀	Project staff
<b>Agricultural support</b> Provision of seeds	# of HHs given seeds	304 HHs	<ul style="list-style-type: none"> <li>Records of seeds distributed</li> </ul>					☀	☀					☀	☀	Project staff
Farmers trainings	No. Of Field Days	4field days	<ul style="list-style-type: none"> <li>Records of trainings done.</li> <li>Reports notes of the training</li> </ul>		☀		☀			☀			☀			Project staff
Exchange visits for farmers	No of visits	2	<ul style="list-style-type: none"> <li>Report</li> </ul>			☀			☀			☀			☀	Project staff
Junior farmers field school	School projects initiated	6	<ul style="list-style-type: none"> <li>Site visits</li> <li>Reports</li> <li>photographs</li> </ul>				☀		☀		☀					Project staff
Establishment of kitchen gardens/local gardens.	No. of kitchen gardens established.	304 HHs	<ul style="list-style-type: none"> <li>Reports</li> <li>Site visit</li> </ul>		☀	☀	☀									Project staff
<b>Social support:</b> Bedding & Clothing, pants	# OVC beneficiaries	304 HHs	<ul style="list-style-type: none"> <li>Records</li> <li>Interview with beneficiaries</li> </ul>		☀	☀										Project staff
Shelter improvement	No. of houses improved	15 houses to be improved	<ul style="list-style-type: none"> <li>Records of houses improved</li> <li>Photographs of the finished houses.</li> </ul>	☀	☀	☀	☀	☀	☀	☀	☀	☀	☀	☀	☀	Coordinator
SILC staff training	No. of SILC staff trained	84 groups	<ul style="list-style-type: none"> <li>Records of staff trained.</li> </ul>		☀				☀							
Refresher SILC training	# of training	4	<ul style="list-style-type: none"> <li>Report</li> </ul>		☀			☀			☀			☀		
Formation of SILC groups	No. of SILC groups formed	100 SILC groups formed	<ul style="list-style-type: none"> <li>SILC books records</li> </ul>	☀	☀	☀	☀	☀	☀	☀	☀	☀	☀	☀	☀	Field Agents

ACTIVITIES	INDICATORS	TARGET	MEANS OF VERIFICATION	TIME FRAME MONTHS (October 2008 – September 2009)												RESPONSIBLE PERSON
				1	2	3	4	5	6	7	8	9	10	11	12	
Objective 4: 2,000 OVC and their family members gained skills necessary to reduce their risks of HIV infection.																
Mobile VCT	No. of mobile VCT campaigns done. Increased access to VCT services	2 mobile VCT campaigns	<ul style="list-style-type: none"><li>Records of clients and services delivered.</li></ul>		☀			☀			☀			☀		Project staff
BCC in the community	# of Behaviour change campaigns	4 campaigns	<ul style="list-style-type: none"><li>Records of ART clients</li><li>Reports on the services delivered and health status.</li></ul>		☀			☀			☀			☀		Project staff
Lifes kill training	# of peer groups trainings held	6	<ul style="list-style-type: none"><li>List of participants</li><li>Training report</li></ul>			☀		☀		☀						Project staff
HBC services	No. of PLWHAs enrolled for HBC programme	60 PLWHAs	<ul style="list-style-type: none"><li>Reports on the health status.</li><li>Home visits to the PLWHAs</li></ul>	☀	☀	☀	☀	☀	☀	☀	☀	☀	☀	☀	☀	Project staff
Formation of HIV/AIDS education clubs in schools	No. Of active clubs in schools.	6 clubs	<ul style="list-style-type: none"><li>Records of members</li><li>Meeting minutes of the groups</li></ul>		☀			☀	☀							Project staff
Caregivers education on child rights	No. of CGs trained on child rights.	304 caregivers to be trained	<ul style="list-style-type: none"><li>Reports from the education.</li><li>List of trained CGs</li></ul>		☀		☀		☀		☀					Project staff
Community awareness creation through the provision of IEC materials e.g. caps, shirts, calendars and posters	No. of IEC materials distributed to the OVCs, their CGs and other participants.	500 T-shirts 150 Caps 150 Calendars 150 Posters	<ul style="list-style-type: none"><li>Records of materials distributed.</li><li>Interviews with beneficiaries.</li></ul>	☀	☀	☀	☀	☀	☀	☀	☀	☀	☀	☀	☀	Project staff
Participate in the day of the African child	No. of participants and list of activities.	2000 OVCs and CGs	<ul style="list-style-type: none"><li>Records of expenses and activities.</li><li>List of attendants</li></ul>					☀								Project staff
Participate in the orphans day	No. of participants and list of activities.	2000 OVCs and CGs	<ul style="list-style-type: none"><li>Record of expenses and activities.</li><li>List of attendants</li></ul>						☀							Project staff
Participate in the world aids day	No. of participants and list of activities.	2000 OVCs and CGs	<ul style="list-style-type: none"><li>Records of expenses and activities.</li><li>List of attendants</li></ul>			☀										
Life skills training	No. of clients trained	2,000 OVCs	<ul style="list-style-type: none"><li>Records and reports of the training.</li></ul>		☀				☀			☀				

**Objective 5: To improve the capacity of the project and the community members to provide quality care and support to the 2000 OVCs and their family members.**

Staff training for capacity building (child rights/paralegal)	# of staff trained	6 project staff	<ul style="list-style-type: none"> <li>Training report</li> <li>List of staff trained</li> </ul>		⚙												
Training of CHWs on rights of the child	No. of CHWs Trained	30 CHWs trained on rights of the child.	<ul style="list-style-type: none"> <li>List of participants</li> <li>Workshop/training report.</li> </ul>		⚙												
Training of CHWs on HBC of PLWHAs	No. of CHWs trained	30 CHWs trained	<ul style="list-style-type: none"> <li>List of participants</li> <li>Workshop/training report.</li> </ul>			⚙											
Meetings with stakeholders	No. of meetings held	4	<ul style="list-style-type: none"> <li>Meeting minutes</li> <li>Participants list</li> </ul>		⚙			⚙			⚙			⚙			
On-site monitoring and supportive supervision	No. of monitoring and evaluations conducted	10 supervisory meetings (monthly)	<ul style="list-style-type: none"> <li>Records and reports of evaluations done.</li> </ul>	⚙			⚙			⚙			⚙				
Institutional capacity building Development of the strategic plan.	No. Of plans developped	1	<ul style="list-style-type: none"> <li>Plan</li> <li>meetings</li> </ul>		⚙												

