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EMBASSY / PERMANENT MISSION OF THE
REPUBLIC OF KENYA
Andromeda Tower, 16th Floor
Donau-City-Strasse 6
1220 Vienna
AUSTRIA

In reply please quote

Ref. Number

KEV /CONS/3/ VOL V (42)

12th August 2024

TO THE KENYAN DIASPORA

RE: COMMUNITY FOR HEALTH DEVELOPMENT IN AFRICA (COHEDA)

The State Department for Diaspora Affairs wishes to inform the Diaspora of Community Communication for Health Development (COHEDA), a national non-governmental organization registered in 2001 dealing with community empowerment matters.

COHEDA currently has a programme on prevention of unwarranted pregnancies in school-going girls in Kenya which requires support through partnerships with the Diaspora Associations. More information on COHEDA can be accessed through their website www.coheda.co.ke

Enclosed is a copy of concept paper on the programme and documents pertaining to COHEDA for your information.

AMBASSADOR / PERMANENT REPRESENTATIVE

Encls.



JOHN KEBASO
P.O. Box 198 – 40202, Keroka
Email: coheda.2001@gmail.com
Tel: 0795115786

ACHIEVEMENTS

A. Publications

Authored and presented the following write-ups/booklets to the Government and other Institutions

- Strategic Communication in Primary Health Care in Kenya.
- Integration of Learning and Teaching Resources in Industrial Training.
- Workshop Manual on Communication Aids
- Use of Audio-Visual Aids in Industrial Training
- Proposal on Family Life Education for Youth polytechnic Instructors.
- The Concept of Integrated Health Education
- Proposal on Establishment of a Resource Centre at Kenya Medical Training College (KMTC) Nairobi.
- Proposal on Establishment of mass media facilities and resources towards enhancing preventive health care services
- Production and Appropriate use of Multimedia Resources in Preventive Health Care
- Humankind Basic Health needs and the factors affecting their health.

B. Other Innovative Initiatives

- Developed a system for production of Health Education materials so as to make use of maximum utilization of the facilities already available in the Division of Health Education by all departments of the Ministry which envisaged reducing the expenditure and avoiding unnecessary duplication. This enabled the Ministry to form a task force which dealt with the issues and came out with official Ministerial recommendations.
- Developed a proposal on Family life Education Project for the Youth Polytechnic Instructors in the Ministry of Technical Training and Technology through the National Council for Population and Development which was approved by the **World Bank** and became the chief coordinator.
- Established a **resource Centre** at the Directorate of Industrial Training out of own study, which was fully fledged by the Directorate of Personnel Management (DPM) Office of the President.
- Initiated a workshop involving the Directorate of Personnel Management (DPM) and the **British Council** on the use of Audio Visual for the Institutions dealing with non-formal education, Coast Province at Bandari College.

- Initiated a seminar on the use of Audio-Visual Aids at the Kenya Polytechnic through DPM and was a resource person.
- Initiated and coordinated writing of Family Life Education Source manual for the Youth Polytechnics under the Population Program.

C. Special Assignments

- Design and exhibition of agricultural shows in the Ministry of Commerce Stand.
- Coordinator of World Bank Project for Youth Polytechnics on family life education.

D. Recognition

- Received five (5) appreciation letters from Permanent Secretaries one of it being promotion on merit for my hard work with innovative ideas.

E. Personal Initiatives

I established a Non-Governmental Organization (NGO) dealing with community empowerment which has successfully carried out the following projects: -

- ❖ Creating peace among three ethnic communities who have been in conflict for a long time within the four Counties i.e. Kisii, Nyamira, Bomet and Narok and built a common market (supported by USAID).
- ❖ Established bio gas plants in five schools in Bomet County (supported by UNDP).
- ❖ Brought peace in a fighting region due to tribal clashes in four counties. (Supported by CIDA).
- ❖ Taught Youths jointly from two Counties i.e. Nyamira and Bomet who were in conflict on business start-up and entrepreneurship (supported by USAID).
- ❖ Taught Youths in primary schools in one part of Kisii County on HIV/AIDS prevention. (Supported by CDC).

F. Social Initiatives

- I influenced the construction of Gesusu Sub-County Hospital by then as an MCH Centre under the World Bank Project in Kisii County by involving Prof. Sam Ongeru by then the Government Minister.
- I influenced the construction of Keroka Technical Institute by then as a Community Resource Centre through my network with VSO (Britain) by involving Prof. Sam Ongeru as a Government Minister by then.
- I was involved in community projects write-ups for Nyaribari Masaba Constituency during the tenure of both Prof. Sam Ongeru and Dr. Hezron Maduku as Members of Parliament. □ I was one of the key persons in writing a book for Dr. Hezron Maduku detailing his achievements/ projects during his tenure as a member of parliament for Nyaribari Masaba Constituency.



OFFICE OF THE PRESIDENT
MINISTRY OF INTERIOR & CO-ORDINATION OF NATIONAL GOVERNMENT
NGOs CO-ORDINATION BOARD

7th June, 2024

Ref: NGOB/218/051/2001/0281

Community Communication for Health
Development in Africa
P.O. Box 59658-00200
NAIROBI.

Dear Sir/Madam,

RE: CHANGE OF OFFICIALS

We acknowledge receipt of your notification of Change of Officials, together with your minutes, Form 3 and Form 13 in accordance with Regulation 22 of the NGOs Co-ordination Regulations, 1992 read together with Clause 4 (c) of the Terms and Conditions attached to your certificate of registration.

The purpose of this communication therefore is to inform you that we have amended our records to reflect the following as the board members of your organization:

- | | |
|------------------------|------------------------|
| 1. George Muite Kebaso | - Chairperson |
| 2. John Kebaso | - Vice-Chairperson |
| 3. Grace Wambui | - Secretary/Ex-Officio |
| 4. Eric Machuka Kebaso | - Treasurer |
| 5. Dionisius Gesimba | - Board Member |
| 6. Julian Wanjiru | - Board Member |

Yours faithfully,

Isaiah Sang
For: **EXECUTIVE DIRECTOR**

Community Communication for Health Development in Africa (COHEDA)

*EMPOWERING COMMUNITIES FOR
SUSTAINABLE DEVELOPMENT*



P.O. BOX 59658 - 00200
KEROKA, KENYA
E-mail: coheda.2001@gmail.com
Website : www.coheda.co.ke

NAME OF PROGRAMME: PROGRAMME ON PREVENTION OF
UNWARRANTED PREGNANCIES AMONG
SCHOOLGOING GIRLS IN KENYA

IMPLEMENTING AGENCY: COHEDA IN COLLABORATION WITH
OTHER PARTNERS

CONTACT PERSON: JOHN KEBASO
Cell No. 0795 115 786

Introduction

Kenya is administratively divided into 47 Counties with 44 different ethnic communities. Before the creation of these Counties as per the 2010 Constitution, information flow in the rural areas was asymmetrical. The communities in these Counties are trying to catch up with development as propagated by their leaders based on the County Integrated Development Plans (CIDPs). The development agenda has however remained a challenge. With the gaps identified, COHEDA in partnership with relevant and stakeholders seeks to power the school going girls through this concept paper. 14 percent of the pregnancies in Kenya end up in abortions. Most of the aforementioned abortions are done by unskilled people in conditions that do not meet minimal medical standards and thereafter are not followed with appropriate post-abortion care. These abortions account for about 2600 deaths of women and girls annually in Kenya.

Purpose

One major challenge that has emerged in almost all the Counties is what is commonly referred to as teen pregnancies. This predicament is escalating at an alarming rate, ranking Kenya as third globally. For example, during the months of January and February 2022, there were 45,724 pregnancies of girls between 10 – 19 years old averaging 775 a day. (Ministry of Health Report) The teenage pregnancy and motherhood rate stands at 18%. It has been noted that lack of adequate information to these girls coupled with unclear guidelines and policies have contribute to this challenge. Equally social and cultural practices within the different Counties also contribute immensely to this challenge. Some few organizations and personalities have used their platforms to address this issue in some parts of the country, but their intervention has not made a significant impact due to diverse challenges. However, there are still notable gaps to be addressed.

Project Description

COHEDA has come up with a unique approach to the programme of unwarranted pregnancies among school going girls. The implementation strategy seeks to harness the synergistic relationship between the role of County Women Representatives and other Honorable Women Leaders in Parliament as authoritative personalities in policy making. The programme calls for collective responsibility and partnership involving schools, religious institutions, local women leaders, local women groups, dispensaries, County Governments as well as the Ministry of Health and the Ministry of Education. The availability of technical skills and professional guidance within these ministries will provide better and appropriate information, this will be the most efficient structure for information dissemination in the implementation of the programme.

Objective

The main objective is to provide age-appropriate information to the girls from age 10 years old up to attainment of adulthood about their reproductive health & organs, their changes in growth and body emotions, dangers of entering sexual acts at an early age, which include but not limited to, unintended risk of pregnancy, unsafe abortions, perinatal complications such as low birth weight, post-natal depression, among others and consequences of the same, not to mention the socio-economic mess caused due to unintended pregnancy among girls of this age group. This will take place in all the schools in Kenya during the school calendar for the purpose of creating self-awareness and empowerment for sound decision making in their normal interaction within the society. We aim at reaching at least 60% of the pre-pubescent to adolescent girls in the 31200 primary schools and 1250 secondary schools throughout the Country.

Implementation Strategy

The Programme will mainly involve schools and use trained teachers by adopting the classroom format where all the educational content developed and packaged under the scheme of work. The lesson plan model will be used to disseminate knowledge to the girls. The literature accuracy from Ministry of Health will form the basis of this information. The need to institutionalize this programme in a wholesome manner will have an impact.

The highlights of our approach which include the identified gaps involve the following;

- i) Teaching them about their body changes during and after puberty.
- ii) Training in managing their emotions for sound decision making concerning their sexuality.
- iii) Availing counseling and mentorship pathways by encouraging communication between the girls and school counselor, female religious leaders and responsible female members of the society.
- iv) Liaising with willing corporate and NGOs to provide the girls essential items such as sanitary towels, under garments and hygiene products to keep the girls comfortable and focuses in school.
- v) Deal with social and cultural issues which promote unwarranted pregnancies among young school going girls.

The Programme will also involve parents by organizing them within their respective churches/mosques especially during parents' days in schools where dissemination of information will be provided reminding and enlightening them on the opportunities they already have towards proper ways of parenting.

Sustainability

Working closely with and under the office of Women Representatives in the Counties will form part of the sustainability of this programme.

Involving all women leaders in Parliament to look into the policy involving guidance and counseling docket in schools and strengthening it to accommodate the objectives of this programme.

The involvement of religious institutions in this programme will be integrating the Church Pastoral Programmes and Mosques curriculum for sustainability purposes.

Output

The Programme's output will include the number of girls reached, the number of schools and churches and Mosques involved in this programme, the number of trainings taking place in schools and the number of parents/guardians sensitized on parent's days.

Impact

Increase greater understanding and awareness in at least 60% of the school going girls about their body changes, their rights and obligations, the effects of their decisions and actions as concerns the prevention of unwarranted early pregnancies. The burden of unwarranted pregnancies in school going girls, their parents/guardians, careers and the community at large will ease. Focusing on the broader picture, budgeted funds allocated by Government for Educational purposes will be optimally utilized to realize the Education Objective for every Kenyan girl. The involvement of the Office of County Women Representative in Parliament will be actively utilized in solving numerous girls demand needs in the Country.

Monitoring and Evaluation

Monitoring and Evaluation will be an ongoing process to measure and document the programme progress, achievements and have accountability for the resources used. This will involve determining if the goal or aim of the programme was achieved or not.

Programme: Concept Paper on Unwarranted Pregnancies

BUDGET					
	FACILITATION (DESCRIPTION)	NO.	PERIOD	UNIT COST (KSH)	TOTAL COST (KSH)
1	Programme Co-ordinator (Facilitation Allowance)	1	12 Months	250,000	3,000,000
2	Project Manager (Allowance)	1	12 Months	150,000	1,800,000
3	Project Officers (Allowance) one per County	47	12 Months	80,000	45,120,000
4	Logistics Officer	1	12 Months	65,000	780,000
5	Volunteers (local religious institutions, parents, teachers, local leaders) [Facilitation]	47		50,000	2,350,000
6	Office Rent (Main Office)	1	12 Months	65,000	780,000
7.	Office Furniture (Main Office)				
	• 4 Seater Work Station	1		98,000	98,000
	• Seats	4		51,000	51,000
	• Filing and Storage Cabinet	1		28500	28500
8.	Board Room				
	• Table	1		180,000	180,000
	• Chairs	8		2,500	20,000
9	Office Equipment				
	• Laptops	50		50,000	2,500,000
	• Printers	1		45,000	45,000
	• Projector	1		45,000	45,000
	• Power Generator	1		150,000	150,000
	• Internet and networks Installation			150,000	150,000
	• Data Server	1			350,000
10	Office Stationery				
	• Printing Papers (realms)	15	12 Months	400 Per Realm	72,000
	• Note books (Dozens)	15	12 Months	600 Per Dozen	108,000
	• Others (Stapler, Paper punch, Pins, folders, etc.)				7,500
11	Production of IEC Materials				4,500,000
12	Sensitization Meeting for stakeholders				5,000,000
13	Motor Vehicle (4x4)	1			5,000,000
14	Motor Cycles	48		100,000	4,800,000
15	Fuel (Motor vehicle)		12 Months	40,000	480,000
16	Fuel (Motorcycle)	48	12 Months	13,500	648,000
17	Travelling & Accommodation Allowances	47	12 Months	14,000x3x3	5,922,000
18	Medical Insurance the Programme Staff				14,976,000
				TOTAL	98,961,000

ORGANIZATION BACKGROUND

Community Communication for Health Development in Africa (COHEDA) was established as a National Non-Government Organization (NGO) in 2001.

COHEDA promotes community empowerment and poverty reduction with the aim of improving livelihoods in the community through strategic plans that encompass a variety of economic programs, community group formation and engineering works.

GOAL AND OBJECTIVES

The organization's plans and programs are centered on multi sectoral projects encompassing peace building, food security, women and children focus, community education culture and heritage, HIV/AIDS, water and sanitation, environment degradation and entrepreneurial enhancement.

Our concern is to engage in long-term development works and capacity building that will lead to self-sustainability of the population we serve.

Some of the most successful projects include:

1. Taught youths (leavers) from institutions of learning on basic entrepreneurship skills in readiness for self-job creation. (Supported by Equity Bank Foundation)
2. Creating peace among three ethnic communities who have been in conflict for a long time within the four Counties i.e., Kisii, Nyamira, Bomet and Narok and built a common market (supported by USAID).
3. Established bio gas plants in five schools in Bomet County (supported by UNDP).
4. Brought peace in a fighting region due to tribal clashes in four counties. (Supported by CIDA).
5. Taught Youth jointly from two Counties i.e., Nyamira and Bomet who were in conflict on business start-up and entrepreneurship (supported by USAID).
6. Taught Youth in primary schools in one part of Kisii County on HIV/AIDS prevention. (Supported by CDC).

Community Communication for Health Development in Africa (COHEDA)

EMPOWERING COMMUNITIES FOR
SUSTAINABLE DEVELOPMENT



P.O. BOX 59658
00200 - NAIROBI
KENYA
E-mail: coheda.2001@gmail.com
Website: www.coheda.co.ke

To:
County Women Representatives in Parliament

PROGRESS REPORT

- REF: i) Letters written to Hon. Women Representatives in Parliament dated 13th Feb.2023
ii) Letter to The Clerk National Assembly in Parliament dated 13th Feb.2023
iii) Meeting held with some PAs on 16th March 2023

FINAL COMPLETE PROPOSAL

We completed the draft proposal on the Programme to Prevent Unwarranted Pregnancies among School Going Girls in Kenya.

COLLECTIVE RESPONSIBILITY ENGAGEMENT

We have informed and sent the final copies to all the sectors as mentioned in the programme e.g.

- a) Chairman Kenya Conference of Catholic Bishops
- b) Head of Anglican Church of Kenya
- c) The President SDA Church HQs in Kenya
- d) General Secretary, National Council of Churches of Kenya
- e) Jamia Mosque Nairobi for Islamic Institutions

All the above mentioned a – e will disseminate the intended information to their churches/mosques

COUNTY GOVERNMENTS

The Chairperson of the Council of Governors has already been given a copy of the programme for sharing the information with all the County Governors.

MINISTRIES OF HEALTH AND EDUCATION

We had earlier on given a draft proposal to the Ministries of Health and Education through the Cabinet Secretaries and had a brief chat with the officers assigned those responsibilities.

COHEDA'S COLLABORATION WITH OTHER PARTNERS

So far we are in touch with a number of them and the response is promising although the logistics takes a bit of time.

BUDGET

COHEDA and its Partners will meet the budget as explained in the Programme document for 12 months although we may start with a few Counties to begin with.

PROJECT OFFICER

The County Project Officer as mentioned in the budget is expected to work from the office of the County Women Representatives Office at the County. The duties attached to this position will include:

- He/she will be reporting to the office of the Women Representative
- He/she will organize regular project meetings, record minutes and allocate actions to the various team players
- He/she will be required to Monitor and Evaluate (M&E) the efficiency of the project deliverables
- He/she will also provide technical assistance to the implementing agencies particularly in relation to monitoring, reporting and governance issues
- He/she carry out risk assessment report on various programmes activities and report to the National Coordinator
- Maintain crucial project documents
- Identify issues or risks that affect project progress
- Closely watch the project schedule
- Monitoring project task deadlines
- Facilitating communication
- Assist in project planning
- Producing project reporting data
- Coordinate the organization on training sessions with relevant stakeholders at the County level
- Do any other duty that may be allocated

THE PROGRAMME ADVOCATES THE COMMUNITY TO BE ONE ANOTHERS KEEPER

PREPARED BY:


John Kebaso

12/06/2023

National Coordinator

COHEDA

Tel: 0795115786

Website: www.coheda.co.ke

