



Alpha Monthly

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Message from CEO

World Toilet Day is no laughing matter. As we mark it on November 19 every year, we need to thank the many organisations connected with the Millennium Development Goals; and thousands of others who have pushed hard to ensure that sanitation is an issue that got onto the agenda of improving the health of the world. A hygienic toilet, it could be argued, is one of the most crucial weapons we can have in not only the fight against disease but also the fights against malnutrition, poor education and discrimination. I think we could all be assisted by knowing that during a life span the average person will spend three years of their life using a toilet.

This happens irrespective of whether the toilets are the luxurious en-suites in London or simply a matter of trying to find a pit or a bush to use. One gram of faeces contains 10 million viruses, one million bacteria, 1,000 parasite cysts and 100 worm eggs. So it is not at all difficult to see why, without proper disposal, human waste can contaminate water and food, and cause disease.

Sanitation is an issue that is particularly relevant to women. One in three women worldwide do not have access to a toilet—that is about 1.25 billion women and girls who have to defecate out in the open or in makeshift circum-

stances. But the issues around finding somewhere to go to the toilet are exactly the same and in some circumstances worse. It has been estimated that every year women and girls spend 98 billion hours trying to find somewhere to go to the toilet.

This limits their opportunities to make an income and it limits their opportunity to go to school. The other side of that, which limits education, is that often schools do not have appropriate facilities for girls to use when they are menstruating, so they stay home when they are menstruating and that is a quarter of their educative life that they do not go to school.

Merry Christmas,

*WILFRED OWUOR,
C.E.O.*

OF steps up fundraising efforts

Sharing joy and bounty from God's goodness is everybody's wish. Children at the Kochogo Feeding Centre had this wish granted when a -10 member team from Cooperative Bank -Kisumu East branch detoured to Kochogo feeding centre where they donated foodstuff and offered moral support.

For close to 2 weeks OF would save money (more than KES 30,000) meant for the foodstuff to fence and plough the centre's farm thus contributing to sustainability.

Branch Manager Mr. James Nyabando had wise words to offer the children "Work hard in school, obey your teachers and parents and trust in God; these are the keys to success".

We always appreciate our benefactors; God bless Cooperative Bank. Keep up the spirit, this support will sustain a child in school who would otherwise have dropped for lack of food.



OF and Cooperative Bank staff with KFC beneficiaries pose for a picture with the bank's donation in the foreground.

KOP Director at OF

Omega Foundations was recently the host of Kenya Orphan Project's Director Andrew Chalinder. He was in a visit to assess the situation at the projects funded by OF through KOP such as the Kochogo Feeding Centre and Kunya Primary School.

The visit saw Mr. Chalinder have sittings with OF SMT as well as Kochogo Feeding Centre staff to establish gaps the project implementation and way forwards too.

He also interviewed beneficiaries at the centre on their current and previous situations, how the centre had benefitted them and their families and what their ambitions for the future were.



Andrew Chalinder KOP Director takes a picture of children in Santa hats at the Kochogo Feeding Centre

OF Board tours projects

**Nature knows no pause
in progress and
development, and
attaches her curse on
all inaction-**

**Johann Wolfgang von
Goethe**

In a bid to familiarise themselves with the projects that OF runs, its Executive Board of Trustees toured a number of projects and made recommendations in relations to their development.

Led by the BOT Chairman Julius Gwada, they went from project to project talking to the board members, administrators and staff establishing success stories, gaps and next steps.

While at the Kadinda Health Centre, the chairman recommended that the frequency of immunisation be increased, this had been a challenge because the facility lack refrigeration equipment.

The team was impressed with the effort shown by the projects in establishing Income Generating Activities that will see they remain sustainable. "This shows that you are long-sighted-seeing beyond the obvious. Keep up the good work," applauded Mr. Gwada.



OF BoT and SMT visiting a maize and vegetable farm run by Nyando Orphans and Widows Association (NOWA) CBO

FANIKISHA SMT visits OF

FANIKISHA Senior Management Team (SMT) was in OF to review quarterly progress and respond to queries and concerns. The meeting saw OF seek clarification on issues ranging from funds disbursement to consultancy, each tackled by the relevant FANIKISHA focal person.

This was the first visit by FANIKISHA Chief of Party Dr. Daraus Bukunya who was optimistic about OFs quest to strengthen its capacity in preparation for graduation to full-fledged USAID funding.

It is envisioned that such meetings will be held quarterly to boost the morale of the FANIKISHA-supported CSOs as they step up graduation efforts.



From left: FANIKISHA COP Dr. Daraus Bukunya, OF CEO Wilfred Owuor, FANIKISHA Finance Director Julius Anyega, IS Advisor Wycliffe Ouma and M&E Director Henry Kilonzo