

ANNUAL REPORT

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**VILLAGE HOPECORE
INTERNATIONAL**
HOPE CHANGES EVERYTHING



NOTE FROM THE FOUNDER/EXECUTIVE CHAIRMAN OF THE BOARD

With great joy and appreciation, I introduce the following report for 2022. Our activities and accomplishments would not have happened if it weren't for our excellent teamwork. This report includes highlights about our child's maternal health, school and mobile community clinics, vision programs, school-based water/hygiene and sanitation, community office clinic, and income-generating programs aimed at poverty eradication.

Ours has been a journey of making a difference in the lives of the less fortunate, beginning in Chogoria and Tharaka Nithi County. At its inception, HopeCore had only one volunteer. It now has more than 70 full-time employees and hundreds of community volunteers.

Our finances have grown from a beginning budget of \$2,500 USD to about \$1.6 million USD annual budget.

In 2000 HopeCore bought a 1982 landrover funded by a California Rotary Club donation. Now we have four land cruisers and a Hilux double cabin vehicle - three funded jointly by the Foster Family Foundation and US board members Alan and Susan Preston.

I am very proud to state that our vision program is reaching a school population of about forty-five thousand (45,000) children, improving their eye health and learning ability.

Our growth has been recognized both nationally and internationally. In 2022 HopeCore was among the top three nationally for its contribution to child maternal health, among the top three in the area of healthcare leadership, among the top three in the promotion of human rights, number one as a national pacesetter in the area of economic, social transformation. We were also selected to receive an award in digital fitness. Internationally, we were rated among the top fifty service providers in "silencing the silent killer" of hypertension. We were among the world's top ten to receive funding under the Street Business School (SBS) Program. We also won an award as a pacesetter in the area of health care community health promotion in eastern Africa.

I am very proud, humbled, and inspired to see how far we have grown in our workforce, programs, and finances. We all should feel very proud of how far HopeCore has come.

Thank you again for being part of the HopeCore family and contributing to its vision, mission, and objectives. I also want to remind you to give the world the best you have - and the best will come to you! Have a productive and successful 2023. -Dr. Kajira Mugambi

INTRODUCTION

Village HopeCore International (HopeCore) is an innovative 501(c)(3) non-profit organization registered as a non-governmental organization (NGO) in Kenya.

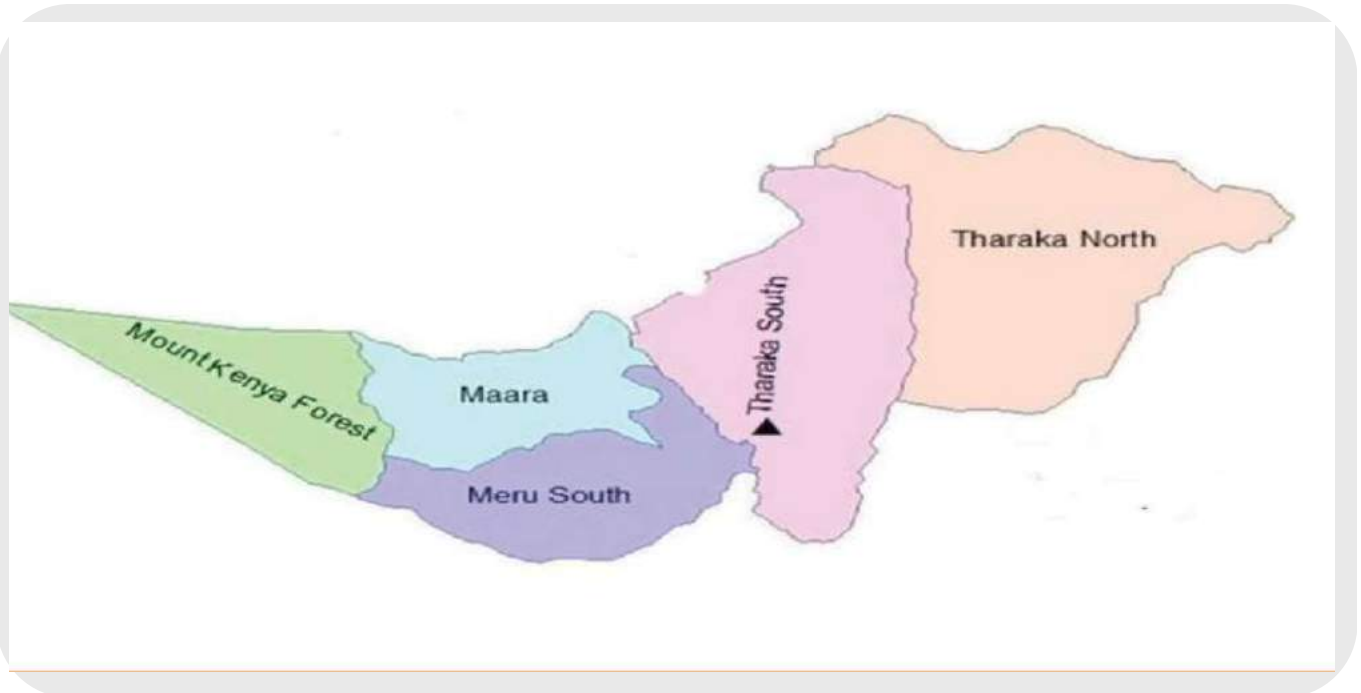
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HopeCore anchors its programs in building sustainable livelihoods and socially empowered and cohesive African communities.

Promoting rural women's access to financial and health services helps improve the quality of life and, at the same time, promotes gender equity and development. HopeCore is a community-driven organization that values diversity and inclusiveness in its programming.



Area of Coverage - Tharaka Nithi County



KEY HopeCore programs per sub-county

Maara (Mwimbi & Muthambi sub-counties & Mt. Kenya Forest area)

School Health
Community Health Volunteers
Water Sanitation and Hygiene (WASH)
Micro Enterprise
Malaria prevention
Community clinic

Meru South (Chuka & Igamba Ng'ombe sub-counties)

School Health
Community Health Volunteers
Micro Enterprise (Chuka)

Tharaka South

Community Health Volunteers

Tharaka North

None

What We Do

HopeCore aims to promote economic development and improve family health through two core programs: Micro Enterprise and Public Health. Promoting women's access to financial and health services helps improve the quality of life for rural women and promotes gender equality.

MICRO ENTERPRISE PROGRAM PROVIDES:

The program targets “unbankable” village women and men who cannot qualify for loans from formal financial institutions because they do not have the required assets for loan security.

- Business training.
- Low-interest loans.
- Mentorship to "unbankable" village women and men in Tharaka Nithi County.

HopeCore mobilizes Self-Help Groups (SHGs) and helps them register with social services before training them on entrepreneurship. Since the inception of the Micro-Enterprise Program, HopeCore has funded 301 SHGs, totaling 3,876 primary beneficiaries of the program.

PUBLIC HEALTH

The program addresses family health needs in underserved areas in Tharaka Nithi County by promoting access to preventive and affordable healthcare services. The program consists of school health and community health programs.

- | | |
|--------------------------------|--|
| • School health | • Community health |
| • Mobile clinic | • Community Health Volunteers (CHVs) program |
| • Eye health | • Mobile Maternal Child Health (MCH) Clinics |
| • Mass deworming | • Community static clinic |
| • Health education | • Community hypertension clinic |
| • Water hygiene and sanitation | |



Impact to Date

05



PUBLIC HEALTH



23,933 - Number of patients seen in our community clinic



42,739 - Litres of soap distributed to schools



420,151 - Number of students educated through mobile clinics



128,755 - Number of children over five years dewormed in our partner schools



43,739 - Number of nets distributed to the community



48,714 - Number of mothers/ caregivers educated



25,303 - Number of children under 5 years treated through MCH clinics



428,004 - Number of home visits conducted by CHVs

MICRO ENTERPRISE



283 - Self Help Groups funded



3,307 - Total clients served (primary beneficiaries)



22,050 - Number of beneficiaries (an average of six dependents per client)

\$1,481,864 -Total amount loaned

PUBLIC HEALTH PROGRAM 2022 HIGHLIGHTS

Tharaka South CHV Program Expansion

HopeCore scaled the CHVs training program to the Tharaka South sub-county by incorporating 250 CHVs into the program.

Teachers Training

HopeCore conducted teacher training for school heads and teacher health champions in 5 zones. 305 teachers were trained in eye care and WASH.

Student Youth Peer Provider (YPP) Training

The YPP training was held concurrently with the teachers' training. 292 students were trained and certified in leadership, WASH, STIs, drugs, and substance abuse.

Tharaka Malezi Bora Campaign

The Malezi Bora Campaign focuses on mass vitamin A supplementation for children under five years to boost their immunity and prevent blindness.

HopeCore participated in the two Malezi Bora Campaigns held in March and November 2022. **2646** under-five children were given vitamin A, and **2168** were given deworming tablets.

MedTreks Nurses Visit

The Public Health department hosted 12 MedTreks Nurses for a week. During this period, they had a chance to visit the microenterprise clients, HopeCore's partner schools, maternal child health clinics, and community visits for support supervision. Staff were trained on wilderness first aid.

SCHOOL HEALTH - Expansion to Meru South

This year, HopeCore introduced health education, vision screening, and deworming programs targeting 130 schools in Meru South.

- Visited 41 schools
- Health-educated 8165 students
- Dewormed 7539 students
- Screened 9473 students for eye problems



Village-Based Maternal Child Health Clinics

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HopeCore Mobile MCH clinics provide access to maternal and child health services, such as prenatal and postnatal care, to underserved communities in the Maara sub-county. These clinics provide free immunizations, treatment, nutrition support, and family planning services.



In 2022 HopeCore conducted 366 village-based MCH clinics, where:



5,913 Children were treated



3,282 Vitamin A supplements were given



3,350 Children under 5 years were dewormed



738 Women accessed family planning services



269 Pregnant women received antenatal care services



7,849 Mothers received health education

SCHOOL HEALTH

School-based mobile clinics promote the health of school-aged children, particularly those with limited access to health care, by making health care more accessible and convenient.

HopeCore school mobile clinics combine treatment, counseling, and health education to provide a holistic school health program. These clinics also provide preventative services such as deworming.

59,786 - Students dewormed in mass deworming campaigns

74,892 - Students educated

4457 - Educational charts and fliers distributed in schools

8,051 Health club members trained on: Sexual Gender Based Violence (SGBV), COVID-19, teen pregnancies, and relationships

Malaria Prevention Program

In 2021, the World Health Organization (WHO) reported that there were 247 million cases of malaria worldwide, with the majority of cases concentrated in the African Region, where 96% of all cases were reported.

Additionally, children under the age of five in Africa accounted for a significant portion of malaria deaths in the region, with roughly 80% of all deaths in this age group (Source: WHO Malaria Facts, December 2022).

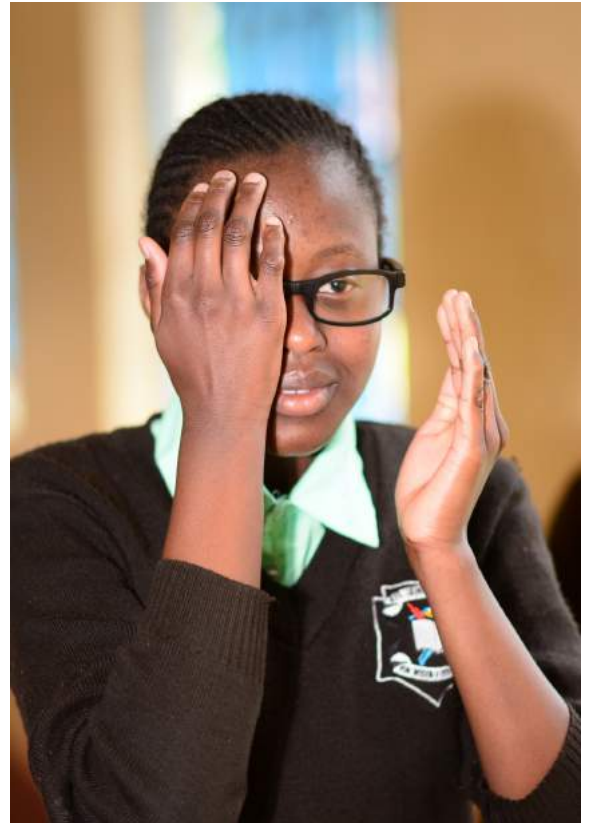
HopeCore implements a robust malaria prevention program that entails health education and the distribution of long-lasting insecticide-treated mosquito nets to children under five who have begun their education in Early Childhood Development and Education (ECDE) classes.

Through this initiative, **2,664** nets were distributed in 2022, and **2,801** mothers were educated on the importance of malaria prevention.



Visual acuity plays a crucial role in determining a child's academic performance. However, in underserved communities, many children struggle in school and face the risk of blindness due to inadequate eyecare. These eye problems often go unnoticed and untreated, leading to poor school outcomes for affected children.

In January 2021, HopeCore initiated a vision health program to improve the vision and health of students in 321 partner schools.



In 2022 HopeCore provided eyecare education and vision acuity screening to **16,753** students:



756 Students were treated in monthly eye clinics



221 Students received free eyeglasses



25 Students were referred to Chuka, Kikuyu, City Eye, and Lions Hospital for further treatment



Water Sanitation and Hygiene (WASH)



Preventing hygiene-related conditions largely depends on three key factors: access to safe drinking water, education on proper hygiene practices, and availability of soap. HopeCore has implemented various initiatives to address this issue, including installing handwashing stations and drinking water tanks in 187 schools.

In 2022, our program distributed **10,008** liters of handwashing soap and **2,823** bottles of WaterGuard, which is enough to treat **2,823,000** liters of water.

Menstrual Hygiene Management

According to the World Bank, an estimated 500 million women lack access to menstrual products and facilities for Menstrual Hygiene Management (MHM). This is a significant concern, particularly in developing countries, where access to MHMs is often limited. Gender inequality, cultural taboos, and poverty are some of the factors contributing to this problem.

HopeCore provides annual sanitary kits, including hygienic pads, panties, and an educational pamphlet, to needy girls in Tharaka Nithi County. **3,199** girls received annual kits in 2022. Additionally, each girl received 4 pairs of underwear and a pamphlet on Sexual Reproductive Health.



Community Health Volunteers Program

Community Health Volunteers (CHVs) play a crucial role in the realization of Universal Health Coverage (UHC).

HopeCore collaborates with the Tharaka Nithi County government in building the technical capacity of **1,065** CHVs through training on the technical CHV modules and field-based support supervision.

At the end of the training, the CHVs are equipped with flipbooks as teaching aids and ongoing training mechanisms. With every encounter with these flipbooks, the CHVs continue to improve their knowledge.

2022 Health Campaigns:

Topic	Campaign period	No.of CHVs Trained	Total No. of households sensitized
Community primary eyecare	February - April 2022	642	46740
Sexual & Gender-Based Violence (SGBV)	May - August 2022	633	57815
Diabetes	September - October 2022	734	31807
Sanitation	November - January 2023	734	15284

Tharaka South

Water & hygiene	March - June	250	22240
Community Maternal and Neonatal care(CMNC)	July - September 2022	262	18865
Community nutrition	October 2022 to date	262	11758

237,616 Household visits were conducted by CHVs in 2022

Community Hypertension

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Kenya's Silent Killer - Hypertension

Blood pressure (BP) screening allows for early detection and management of hypertension, a major risk factor for cardiovascular disease. High blood pressure often has no symptoms, so regular screenings can help identify who are at risk and may not be aware of it.

Recognizing a need in the community to address hypertension, Kenya's silent killer, HopeCore rolled out a community hypertension project in 2021, intending to increase community screening for hypertension using CHVs.

To date we have distributed 74 digital blood pressure machines to 37 Community Health Units (CHUs), but with the increasing hypertension prevalence in the county, the demand is still high.

6,843 community members were screened in 2022. Only **3,072 (44.8%)** recorded a normal blood pressure range. **2,998** were in pre-hypertensive, **278** were hypertensive, and **495** were in hypertensive crisis.



72,801 Handwashing stations set by households after education by CHVs



567 Support supervision visits in 88 Community Units were conducted in 2022

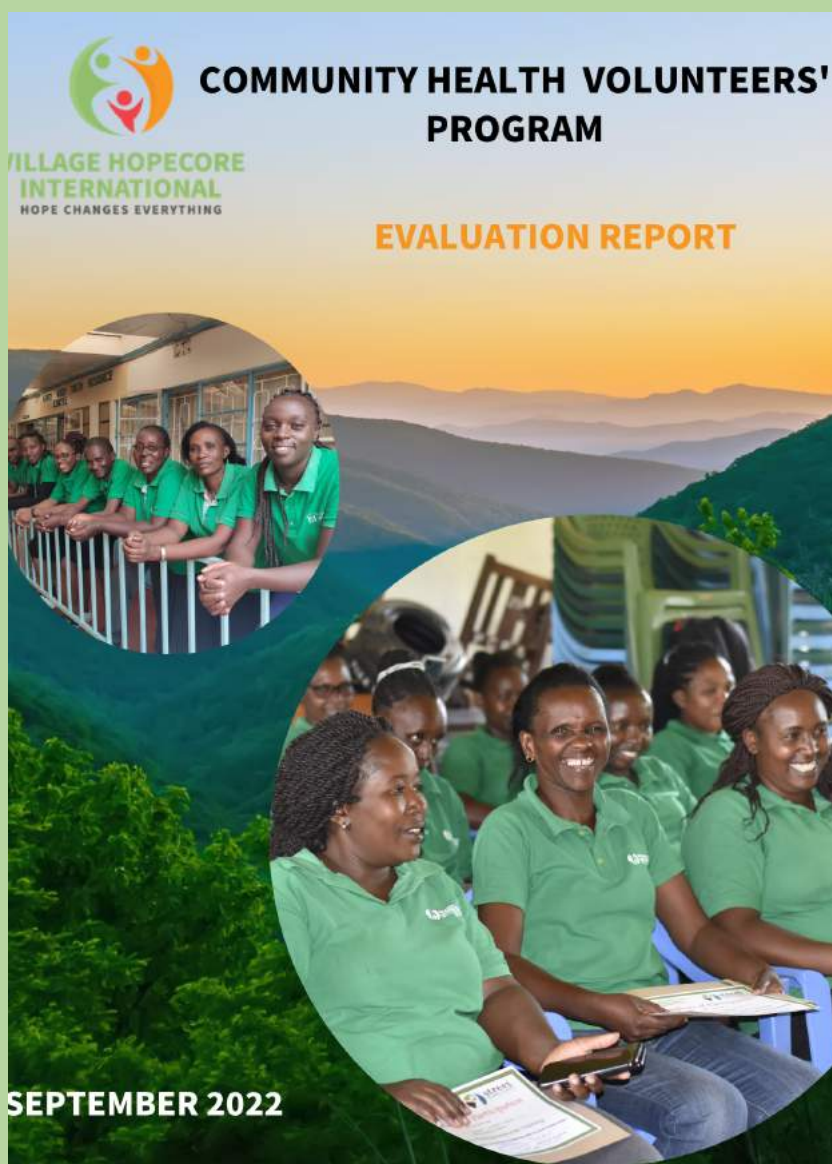
Community Health Volunteer Program Evaluation

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In April 2022, the Monitoring and Evaluation department of HopeCore initiated an internal evaluation of the Community Health Program to assess its effectiveness and impact. The primary objectives of the evaluation were to examine the effectiveness of our approach in engaging, training, and supervising community health workers, assess the impact of the program on community health outcomes, and determine the program's cost-effectiveness.

Key findings from the evaluation:

- There was a **6.9%** significant change in the new knowledge acquired by the CHVs between the pre-test and post-test. The highest knowledge gain was in Hypertension (42.57%).
- The average increase in knowledge for support supervision was **21.7%**.
- Hygiene and sanitation practice was the most highly adopted health practice across all the Sub-Counties by about 63.2% of the households through the influence of the CHVs.
- **73.9%** of the households confirmed that their medical expenses had declined/dropped over the last two years.
- **63.1%** of the household respondents had spent less than KES 1,000 over the previous year.
- **74.3%** of the households agree that the CHVs program has improved health in the communities



Community Clinic

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HopeCore's clinic is a Primary Health Care facility that provides preventive and curative services to the residents of Chogoria and the surrounding area.

The Community Clinic includes outpatient medical, child wellness, laboratory, and maternal and family planning clinics.



2022 Achievements:



6231 Patients treated



4252 Children under five years treated



1356 Children given Vitamin A supplements



1269 Children under five years dewormed



387 Children immunized



707 Women received family planning services



2473 Lab clients served



HopeCore Barry Wood Youth Resource Centre offers a safe space for youth within Chogoria and provides access to free WIFI, music, and games.



At the center, the youth interact freely with their peers, have round table discussions, access youth-friendly sexual reproductive health services, and get free professional career guidance.

2022 Achievements:



- **5110** Youths visited the center
- **21,324** Condoms were distributed
- **391** Round-table discussions were held on stress and stress management, pressure to excel, hygiene, uncertainty about the future, relationships, career guidance, drugs/substance abuse, STIs, addiction to social media, and life decisions
- **53** Youths were trained and certified on basic computer packages



2022 Key Highlights



49 New self-help groups registered



129 Active partner groups



1389 Active primary beneficiaries



\$273,106 Loaned



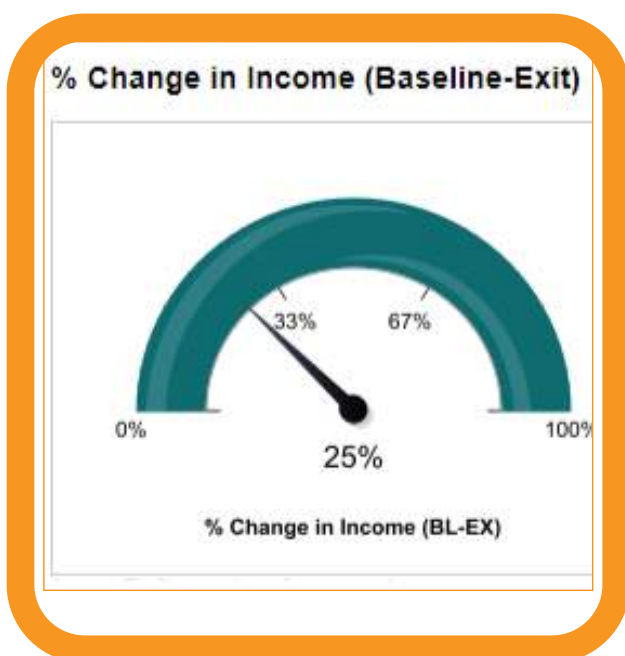
98.39% Repayment rate for partner groups



105.83% Repayment rate for associate groups

The SBS training seeks to impart practical hands-on entrepreneurial skills to the graduates who are expected to start income-generating ventures. SBS training helps individuals get out of their comfort zone to start and run successful small and medium-sized enterprises (SMEs).

In 2022, we mobilized and trained **12** cohorts totaling **360** individuals on SBS. Of the trained participants, **55%** reported starting a small business at the exit.



Client's income before SBS training (baseline)



% change income after the training

Livestock Training

85% of Micro Enterprise clients are in the dairy business. Therefore, they need continuous capacity building to increase their production. HopeCore collaborated with Kenya Agricultural Livestock Research Organization (KALRO) to train **13** partner groups (**123** clients) from Mugumango on modern animal production to enhance their income.

Training on Value Addition

HopeCore collaborated with Chuka University to train **77** farmers from various groups engaged in agricultural-related businesses. The farmers were trained in dairy cow breeding, yogurt making, modern kitchen gardening, and mango value addition.

Kiairugu Filling Station Project

The goal of this project is to empower youth by owning and running a filling station. Most of the **25** members of the group are bodaboda riders who are used to earning little or irregular income.



HopeCore trained youths on basic business skills to run the project successfully and funded the project with Kshs 1.135,325 loan. The group's loan repayment rate is 99.65%. They will completely pay their loan in October 2023.

Dairy Goat Project

HopeCore's dairy goat project aims to improve the livelihood and income of **14** small scale-farmers in Gitombani village. Some of the objectives of this project include:

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- Providing training and education to the community members on the proper care and management of dairy goats, and the processing and marketing of dairy products
 - Improving the genetics of dairy goats through selective breeding and introducing new breeds
 - increasing dairy goat milk production and quality through better feeding, health care, and management practices
 - Establishing a market for dairy products, so that community members can generate income from their dairy goats
 - Improving the community's overall nutrition and food security through increased access to dairy products

Micro Enterprise Special Projects

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Poultry Project

The Poultry Project was initiated on September 17, 2022, to benefit the youth of the Kianjagi Homerage Youth Group. The project's goal is to alleviate the issues of unemployment and income-related challenges faced by the youth in the region. The project endeavors to bring about positive changes in the social, economic, and behavioral aspects of the youth's lives and enhance the community's overall well-being.

The group was given a soft loan of KSH 200,000 to purchase layer and broiler chicks, which they utilized to initiate the project. The project is projected to generate income by selling mature layers, broilers, and eggs to the local market, thereby transforming the lives of the youth.



Micro Enterprise Success Story

Dorcas and Jackline, tailoring students at Muthambi Vocational Training Centre (VTC), have successfully turned their passion for meeting their families' basic needs into a thriving business. They were inspired by the SBS training module on "getting out of your comfort zone," which helped them tap into their entrepreneurial potential.



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They started a business selling watermelons and lollipops during school breaks with only their SBS training lunch allowance of KES 400 (\$3.4). Their hard work and determination paid off, as they now make a daily profit of KES 700 (\$6) from the business.

These young entrepreneurs are shining examples of how smart and fearless thinking can lead to success. They are now looking forward to expanding their business and exploring new opportunities. Their story is a powerful reminder that entrepreneurship is not just for those looking to revolutionize industries but also for anyone with a passion and desire to make a difference in their community.



HOPECORE RECEIVED 6 PRESTIGIOUS AWARDS AND RECOGNITIONS



Honoring excellence in the nonprofit sector, the Classy Awards recognizes organizations for their innovative approaches and impact on the world.

The awards bring together pioneering nonprofits and leaders in social impact to celebrate the achievements driving lasting change globally. Our community hypertension program was among the top 50 innovative programs globally.

Quality HealthCare Kenyan Awards

This annual award honors excellence and innovation in healthcare.

We were shortlisted for two categories as follows:

- Dr. Kajira Mugambi was the 1st runner-up in the Healthcare Leadership Award to individuals using their leadership position for change in the Kenyan health sector
- HopeCore's MCH program was the 3rd best award of excellence for being an innovative initiative geared towards improving maternal, newborn, and child health: addressing the major causes of maternal, neonatal, and child mortality



BADGES



Platinum
Transparency
2023

Candid.

AWARDS & RECOGNITIONS



Diversity and Inclusion Award

The National Diversity and Inclusion Awards & Recognition (DIAR Awards), is an initiative that recognizes employers, institutions, organizations, and individuals who champion Diversity and promote Equity, Inclusion, and Belonging (DEIB), in the workplace and society.

HopeCore was the 2nd best organization promoting human rights in Kenya.

HopeCore was 1st Runner Up at the Diversity and Inclusion Awards & Recognition for the Best NGO Promoting Human Rights.

Pacesetter Awards



This award celebrates key players in various sectors who are leaders and pacesetters in their fields. HopeCore received two awards:

- Pacesetter in Social Economic Transformation
- Pacesetter in Community Health Promotion of the Year - East Africa Chapter 2022

BADGES





Income (in USD)

Private & international Grants: \$ 752,805

Other Income: \$ 167,865



Loans (in USD)

Total Amount Disbursed: \$ 244,681



Expenses (in USD)

Project Costs: \$603,146

Administrative & overhead costs: \$ 230,209

Public Health

- Expand the CHV program to Tharaka North sub-county
- Expand school health programs (vision screening, health education, counseling services) in the Igamba Ng'ombe school district
- Implement malaria and mobile MCH program to Tharaka south sub-county

Micro Enterprise

- Value addition for the dairy goat project
- Expand our programs beyond Maara sub-county
- Implement a new loan management software, which will greatly improve HopeCore's ability to efficiently and effectively process loans for our clients





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THANK YOU!