

ANNUAL IMPACT AND EVALUATION REPORT

Progress against indicators

Progress against the project indicators has been measured against the results from the Knowledge, Attitude and Practice (KAP) survey which was carried out in 2016 where ninety-eight respondents (49% female, 51% male) were asked questions about HIV and FGM/C.

Improved general knowledge of HIV transmission, prevention and treatment

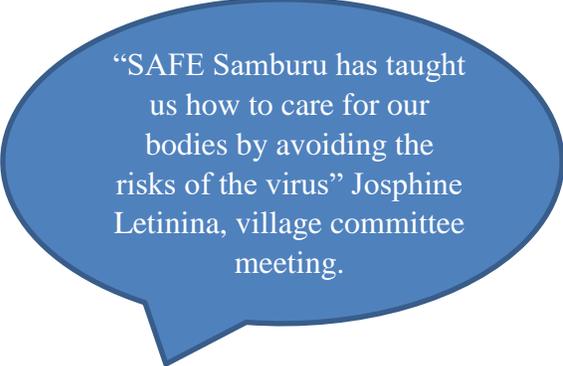
The results from the KAP survey carried out in 2016:

- When asked an open-ended question ‘what do you know about HIV?’, the majority, 26% said that they thought it was a ‘killer’ disease with no cure.
- 69% of people said that it was difficult to find out information about HIV in the community, 13% said that it was impossible. Most people got information through friends and family.
- When asked how you contract HIV, the most common answers were through sexual contact (31%) and the second most common was through sharing sharp objects (12%). There were many misconceptions, such as people thinking you can contract HIV through kissing.
- 64% of respondents believed that their family was at risk of HIV, reasons stated were polygamous unions, low usage of condoms and sexually active morans.
- 49% of respondents had not discussed HIV in the previous three months and 43% of people said that it was hard to talk about HIV.

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The community are very grateful to SAFE Samburu for giving them vital HIV information, many of them report that it is the first time they have been given factual information, not just rumours received through friends and family. SAFE Samburu have made it easier for people to talk about HIV within their families and in the wider community. This has meant that those who have been a part of SAFE’s programme can tell other people the lessons they have learnt and spread information. This new openness around HIV and sex has also led to interesting discussions within workshops about social norms that put people at risk of HIV.

In the March men’s workshop in Sirata, one participant narrated how currently the risk of acquiring the HIV is higher compared to the past, due to an increase in women’s promiscuity. Women are now known to entice men through giving them small beaded gifts. He added that in the past men were not able to ‘win’ ladies easily, men used to share information widely of a lady who was noted to accept them easily and up to 30 men would go to her, despite having to travel a big distance.

A blue speech bubble containing a quote from Josphine Letinina, a village committee member.

“SAFE Samburu has taught us how to care for our bodies by avoiding the risks of the virus” Josphine Letinina, village committee meeting.

In the same workshop, another participant shared that he knew of a positive person who infected five other people within a very short period of time. He added that a big contributor to the spread of HIV was the increasing prevalence of drinking local brew (alcohol), which makes people tempted to engage in sex. One participant shared an instance where he took the brew and was tempted to approach a lady who he came later to learn was suspected of being positive.

In the Kiltamany women's workshop, the participants deliberated how polygamy forces them to look outside of their marriage for sexual satisfaction, putting them at risk of HIV. They mentioned also how young boys who are sexually active are at risk due to 'mbolore' and should behave differently to avoid risks. The session ended with the participants thinking of different ways to protect themselves.

Participants in most of the workshops learnt to differentiate the different body fluids that carry the virus. Most of them believed that sperm carried the virus and were usually surprised that it does not. This understanding made participants able to understand that the child in the womb is free from HIV, even if the parents are HIV positive and that mother to child transmission can happen during birth or breastfeeding.

Participants have learnt what ARVs are, their importance and how they are administered to patients to enable them live a life better. Mostly they don't understand why the drugs do not cure HIV but manage it instead. The facilitators keenly take the responsibility of ensuring that the issue is explained and understood.

During the May tour, Samiri Lealo, a young boy informed the audience that they should listen to SAFE Samburu's message because the information they give out is essential for a healthy life. He added that the issues SAFE talk about are important to the whole community and everyone should take the initiative to create awareness of them. He told the younger boys that they should avoid 'mbolore' as it puts them at risk of contracting HIV. One of them responded that they shall not do 'mbolore' anymore since they have learnt how serious the risk was.

In March, a participant in the Kiltamany men's workshop singled out HIV awareness as the most essential part of the programme and said that everyone should put more effort into avoiding infections through self-control, house to house awareness and also passing on information during community held meetings. He particularly insisted on youth education on HIV because they are sexually active hence need to be well informed.

In June, Lenakae, a participant in the Remot men's workshop, reported that he had explained to his wife the risks of using one razor blade to shave all the family members. He told her that in the future, she should buy a number of them for each member of their family.

During the school health clubs held in June, there was an impressive level of knowledge among pupils. In a discussion held with them about how to prevent the spread of HIV/AIDS, the following were their responses:

- Condom use: Pupils in Lpus Leluai and Kiltamany primary talked about condom use preventing HIV, they said however, there are sometimes challenges in using them, like it breaking during sex.
- Abstinence from sex: This was the most common answer from the pupils across all three schools. Most of them mentioned that sex before marriage is prohibited.
- Avoidance of sharing sharp objects: The pupils pointed out a number of sharp objects that could put them at risk of HIV. They pointed out that sharing of sharp objects is very common because not every pupil can afford to own one, e.g. razor blades, nail cutters, combs among others.
- HIV/AIDS education: The pupils were asked who they could educate, they said: parents, peers and the community through posters and advocacy.

Increase in uptake of HIV testing and services

Results from the 2016 KAP survey:

- 51% said it was possible for people in the community to be tested
- 29% of respondents said that it would be hard for people to be tested because they were sceptical of testing
- 12% said it would not be possible for someone to go for testing

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The team have been working hard to normalise HIV testing in the community. In 2016, only half of respondents felt that they could easily go and be tested for HIV. Reasons for this hesitance to go for testing were a fear of being positive, due to a belief that you will either be killed by HIV or will die from the stress of being a social outcast if others found out about your status. To combat this, SAFE Samburu promotes acceptance of people who are HIV positive within the community and also spreads awareness of ARVs, and living a healthy life with HIV.

There are four local dispensaries in Westgate which are accessed by the community. One of the main challenges faced in each is that only one nurse has been employed to operate it. Availability of service within each facility is minimal because of the absenteeism when they travel to submit monthly reports, off-days and leaves. The facilities are left non-operational during such periods. Therefore, keeping track of HIV testing and services can be a challenge as it is dependent on the nurse's availability.

Remot Dispensary

The nurse here was able to give a report of the people who have visited the facility during the different months: March - 33, April - 30, May - 25, June - 20 July - 64, August - 28. Only one patient is under medication, but the nurse has reported she has skipped her appointment out of fear that the community will discover she is HIV positive. The nurse reported an increase in people seeking out tests in all the different social groups, except the young boys.

Ng'utuk Ong'iron dispensary

The nurse has been on leave for two months now so accessibility to the information in the facility was not possible.

Westgate Dispensary

The nurse at the Westgate dispensary reported that there are two patients on ARV's, two adults of have tested positive but are not on any treatment and one child who is positive but not on any treatment. He could not provide the numbers of people who had been tested as they did not have the facility to keep records. However, he said there had been many, but mostly it was women who were willing to come forward.

Kiltamany Dispensary

The nurse in this dispensary is new in the facility. He has been there for three months now and reports that most of the drugs and equipment in the facility have expired and he has not received any new stock to date. He informed that many patients have visited the facility to request for the test but he was forced to turn them away because of lack of equipment.

There nurses have also reported a direct correlation between people attending workshops and then going to get tested for HIV. This appetite for community members to know their status has further been shown in the workshops, at the end of the HIV sessions, the participants ask for a nurse to be in attendance, so that they can get tested straight away, most of them say that traveling to a dispensary to receive testing poses some difficulties.

Increase in condom use

The results from the KAP survey carried out in 2016:

- 71% of respondents said that condom use was the best way to protect from HIV
- When asked where you can access condoms, the most common answer was government hospitals (37%) followed by shops (18%) and VCT centres (16%)

Through the team's personal experiences and the feedback of workshop participants, they discovered a lack of availability of condoms within Westgate which meant that people weren't using them. They also found that there was a reluctance to wear them, some did not see the need, others preferred the 'natural way'.

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SAFE Samburu talk about condoms during all activities. The community have reported that condom use is their preferred method of protection against HIV. For them, they do not believe that they could be faithful to one partner. They felt that they could not find satisfaction within marriage, normally because men marry multiple wives, and are not able to satisfy all of them. Also, often old men will marry young girls and not be able to keep them satisfied. Therefore, they identify condoms as the only means of staying protected.

In the workshops, the younger men and morans said that they use condoms, older men report that they have been having sex the ‘natural way’ their whole lives and do not feel the need to change now. Women and girls are embarrassed by condoms and do not want to touch or look at them. These observations from the workshops are backed up by the testimonials from the village representatives who have been distributing condoms to the community on behalf of SAFE Samburu.

In May, one thousand condoms were distributed to the sixteen village management committees (VMCs). The distribution was based on the four zones where the committees are based. Each of the zones received 225 condoms which lasted for two months. The committees have been keeping the record of the condoms taken from them by the different social groups. 100 condoms were left to be used for by the team for demonstrations in workshops and one on one interventions.

In Sukuroi, Lesantanguny, a committee member reported that most the condoms were taken by young boys who sing at night. In Kiltamany, young boys took the most condoms, followed by warriors and then the elders. In Ng’utuk, the boys took half of the condoms as reported by Lesachore. They took them in bulk because they reported that they would need them for when they sing at night and did not want to return to Lesachore daily to get supplies.

In most areas warriors and young boys accessed the condoms more easily rather than women who didn’t take any at all. General perception still exists that men should be the ones carrying the condoms for sex.

Increase in acceptance of those who are HIV positive

The results from the KAP survey carried out in 2016:

- 80% of respondents said that they would be happy to look after a relative who had HIV
- The 20% of people who said that they would not look after relative believed that HIV positive people should die alone or were scared of contracting the virus themselves.
- 78% of respondents said that they would want the community to know if they had a relative who was HIV positive, for fear that HIV would be spread further.
- 14% said that they would not want the community to know their relative was HIV positive, this was because they were scared about them being a social outcast. If this happened, the person would become stressed and might end up committing suicide.

Feedback from SAFE Samburu’s first two years of operation have shown that it is very hard for people to be open about their status in the community. Most of them say that if they would rather die than be HIV positive because of the stigma associated with disease.

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A reduction in the stigma of HIV has been noted across SAFE Samburu’s work. Participants in the workshops are highlighting the importance of caring for HIV positive relatives to

increase their chances of survival. Through the outreach programme, SAFE Samburu have also been working with HIV positive people, enabling them to talk to their friends and family about their status.

In most of the workshop sessions, participants ask how the virus weakens the body of an infected person and how it progresses and leads to AIDS. They acknowledged that in most cases, PLWHA are regarded as outcasts (Maye apeny') and discriminated by the community. The facilitator ensures that participants engage in constructive discussions on how discrimination of the infected may increase the number of infections. Importantly, they come to realize and appreciate extending love and care to them.

SAFE Samburu outreach officer Celina has been working closely with an HIV positive woman from Ng'utuk, who has been under ARV medication for some time now. She had kept quiet about her status until recently when, with Celina's support, she felt like she could talk about it with other community members in the area. Celina has been a good friend to her and pays frequent visits to her home to know how she is fairing. She shared with Celina that she was happy that her community knew and understood her status and that she has received support and advice from most of them. She is particularly grateful to SAFE team and the village committee in her area for their support during this time. Celina has created awareness amongst community members about caring for the infected without stigmatizing and discriminating them.

Increase in families showing an interest in ARP

The results from the KAP survey carried out in 2016:

- 100% of those interviewed said that they practice FGM/C
- 58% said that FGM/C was not illegal in Samburu Culture, only 15% knew for certain that FGM/C was illegal
- 45% of those interviewed said that there was no harm in the cut
- 99% of those interviewed said that the cut poses no danger to women during childbirth
- 71% of those interviewed said that they would not consider ending the cut, of those who said they would continue it, they said that abandonment would be dependent on the following:
 - Awareness created on the dangers of FGM/C
 - If the elders and everyone else in the community agreed to stop it
 - If women are allowed to decide on their own
 - Pressure from government and NGO who are trying to stop the practice

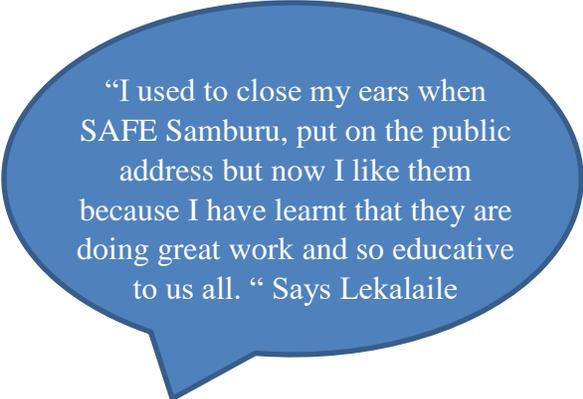
When SAFE Samburu began their programme, it was very hard for members of the community to discuss FGM/C, participants were hesitant to acknowledge any of its effects and did not want to discuss the possibility of ending it. Certain areas even banned SAFE Samburu from talking about FGM/C at all, only allowing HIV education to be given out to the community. SAFE Samburu are pleased to share below the progress that has been made on this issue.

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SAFE SAMBURU, 2018

The most progress against the 2016 KAP survey has been made in the level of education in the community about the effects of FGM/C, at the beginning of the project, women did not want to discuss the complications they had suffered as a result of being cut. However, women are now coming forward to talk about complications they, and others have suffered. This has had the effect of increasing the number of people who are coming forward in support of ending it. Participants are also saying that educated girls have the power to say no to the cut, even if it goes against the will of the elders. The girls are able to do this because there is a belief in the community that educated girls have the support of the authorities.

The SAFE Samburu village committees have been voluntarily talking about the harms of FGM/C, therefore setting a good example in the villages that they live in. Lekailaile, who comes from Kiltamany was able share his experience in the past when the project started.

A blue speech bubble with a white border containing a testimonial from Lekailaile.

“I used to close my ears when SAFE Samburu, put on the public address but now I like them because I have learnt that they are doing great work and so educative to us all. “ Says Lekailaile

During the January tour, a woman of around thirty-five, from Ng’utuk Ong’iron spoke about the reality of the effects suffered by cut women, and that change should be accepted. She highlighted that she has suffered constant backaches since she was cut.

On the same tour, a woman of around forty reported that she had attended many SAFE Samburu workshops and learnt the effects of the cut, she said they were too severe and firmly requested that the cut should be abandoned as stated by the SAFE Samburu and SAFE Maa teams.

At the Lengusaka market performance, on the same tour, a woman joined the team on stage, saying that the cut should be stopped, she had come to this conclusion because of the education she had received at the workshops she had attended.

In February, participants in the Nasunyai women’s workshop recommended that if young men would accept to marry uncut girls, then their choice should be respected. In the Lpus Leluai women’s workshop, they recommended that educated girls should be able to make their own decision to be cut or not, this is because they understand the law and no parent can get in the way if the law.

This acknowledgement of an educated girls right to choose her own passage was reflected by Lekakwar, an elder in the Lpus Leluai men’s workshop. When he brought up preparations for their cut with his daughters, he received a shock as the girls strongly told him that they were not ready to be cut and if he tried to force them, they were ready to report him to their headmaster. A similar report was given out in the same workshop, some girls in high school who had already

been cut were on a mission to influence their younger sisters, telling them not to accept being cut as the older girls knew of and had experienced its negative effects.

In a workshop held in Lpus Leluai, a participant highlighted two factors; education and enforcement of the law as the means to end the practice in Samburu. Educated girls were identified as knowledgeable compared to those who are illiterate, therefore, illiterate girls are easier to manipulate. She also knew examples of school girls who had escaped the cut and instead had their parents arrested.

In the men's workshop in Remot, Lenakae said that the current age sets should be allowed to cut their daughters then the younger generations after the Lkishami age set, should stop cutting. He continued by saying that women should be warned against conducting the cut on future age sets. He added that as per the current situation, spreading information that one is about to cut their daughter is inadvisable, due to the government crack down on FGM/C.

Key case studies

The following case studies were collected by the team and TICAH on their visit in June 2018.

Testimony from a Women's workshop participant, Ng'utuk location

'I have stopped having a boyfriend and after telling my husband about the risks of HIV, he has stopped having a girl friend too. Immediately after the workshop I went to get tested so that I know my status. After the workshop I also told all of my friends and neighbours about STI's so they too can stay safe.

I had tried to teach the morans about condoms and encourage them to wear them. They were worried about not being able to read the expiry date. I informed them that a good way to tell if the condom was in date or not was to check the lube, if it was dry, the condom was expired and if it was wet, the condom was fine to use.

I also took the opportunity to discuss FGM/C with my husband and after exploring the effects we have decided not to cut our girls. My experience of being cut was very painful, I bled heavily and fainted. I want my daughters to avoid early marriage and wait until they are over 18, young wives are often abused by their husbands and other members of his family.'

Testimony from a female village representative

'I am so grateful to SAFE Samburu for giving me this opportunity, I feel like I now have an education, like a graduate or a teacher. They have given me the confidence to talk about these difficult issues in the community. I had heard that school girls did not want to be cut, now I have been to a workshop and have been trained, I can understand why. Even the circumcisers now do not want to cut, they are starting to think that it is a sin. When I finished the workshop, I was so angry with the woman who had cut me,

I believe that if women want to stop cutting, men cannot force them to continue. I plan to address the community through meetings to say that if you stop cutting girls, the Morans will still marry them.'

Testimony from a male village representative

'When we started our work, we had some challenges talking about FGM/C in the community, however as the level of understanding increases, it becomes easier. FGM/C can end because people understand that other cultures have been left behind without any harm coming to the community. SAFE's approach works because they educate and do not use force. If we stop cutting our girls, it will have a ripple effect and others in the community will stop doing it too, I have three girls and I will not cut them because of the education I received from SAFE. It won't stop immediately, but with education it will come to an end. If a moran refuses to marry a girl, all she needs to do is beautify herself and then everyone will want to marry her. We must educate our girls to insist on not being cut.'

Challenges

- **Lack of a base/ central meeting space** – SAFE Samburu have already secured additional funding to build a resource centre. This will be a place where the community can access the team when they need information on any of SAFE's programme areas. Girls will have a place where they can talk to a member of the outreach team about FGM/C, seeking advice as to how to approach the subject with their parents. The team will also be able to give out condoms and are hoping to build other services into the centre as funds allow.
- **Lack of resources within the dispensaries** – SAFE Samburu are looking for an additional grant to train them with VCT skills, meaning that the outreach staff can provide these services both in the field and out of the resource centre.

Conclusion and Recommendation

The SAFE Samburu team have won the trust and respect of the community through their dedication to and hard work for the community. The team are pleased with the results achieved against the project indicators.

The village committees have played a major role to provide information at the grassroots levels and above all setting a good picture in the community as role models for SAFE Samburu. Based on the information they share in workshops, issues on FGM/C were not easy to talk about at first but they felt happy that they have understood why it was important to. Therefore, it's recommendable that the committees be started in the other four zones that were left out (Sasaab, Lpus Leluai, Lempaute and Remot), funding has already been secured for this work and the extension to the village committees will be carried out this year.

Information is power hence the workshops and performances have played a powerful role in the understanding of the issues addressed by the team. The team will continue with these activities to increase knowledge and understanding within the community.

Thank you, The Egmont Trust, for the financial support.



The SAFE Samburu team



Project Manager Francis Lemoile, talking to the audience after a performance

Samburu women participating in a debate after a performance



Students present their work at the SAFE Samburu youth forum



Mary and Gloria from TICAH with participants from a women's workshop