VISION

CHAT envisions a future where individuals, communities and ecosystems across Africa are healthy and thriving.

MISSION

CHAT’S mission is to support underserved individuals and communities in fragile ecosystems across Kenya to access family planning information & services.
MESSAGE FROM PROGRAMME COORDINATOR

Dear Friends

What an amazing year! More than ever before CHAT continued to successfully implement towards its long-term goal - helping communities organize and advocate for their own health services, as a way to reduce poverty and improve environmental sustainability whilst utilizing the tenants of a Population, Health and Environment (PHE) framework - that people and nature need to be in balance for both to prosper.

Thanks to the hard work and generosity of so many, 2019 was CHAT’s most impactful year yet. We were able to raise more money, mobilize more grassroots interventions and change more lives than ever before. 148,092 individuals came for and were reached with CHAT’s integrated health services; and 66,692 individuals received different family planning contraception methods of their choice - of which 31,990 were women who chose the long acting, 3 - 5yr protection methods.

In 2019 we also launched our new 5-year strategic plan. Thanks to the help of some of our key partners and donors CHAT was able to articulate a more defined path for our future work. The strategic planning process gave us the opportunity to pause and reflect on what we are great at and update our plan to achieve our mission to support underserved individuals and communities in fragile ecosystems across Kenya to access family planning information and services.

A lack of access to family planning information and services is continuing to contribute to poverty, suffering, and environmental degradation, which is negatively impacting communities and their surrounding ecosystems.

At CHAT we focus on helping communities to stop this negative cycle. Over the years, we have found that our CORPs model is the most effective and sustainable of our strategic interventions. The CORPs model allows not only great delivery of family planning information and services, but it customizes our support to the needs and context of particular communities. In 2019 we focused even more of our efforts on the CORPs model and we have plans to continue to grow this approach into the future.

Lastly, thank you for being a part of the change we are seeing. Every time we reflect on our achievements, we recognize that it is because of the dedication of our supporters and partners like you that we can deliver critical family planning support to the most vulnerable communities in Kenya. The challenges are great but there is a hopeful future ahead.

Sincerely,
SHARON WREFORD SMITH
CHAT Founder, Program Coordinator
and on behalf for CHAT Trustees
CHAT’S CORE APPROACH

CHAT’s implementation model encompasses three core types of interventions, supported by a holistic approach to environmental awareness. These core interventions each respond to a specific set of needs or challenges for delivering family planning, and CHAT believes they must be delivered together to ensure sustainability and impact.

HEALTH SERVICES
CHAT also offers a suite of health services (TB, HIV testing and support, as well as basic medication and treatments) that are relevant to women, men, girls and boys, as a way of offering people a variety of entry points to access family planning. This integrated health services approach has proven successful in addressing the variety of barriers faced by underserved communities.

EMPOWERING COMMUNITIES
In the ecosystems where CHAT work, if they identify a community with no local health facility or committee, then the CORPs in the area will establish Village Development Committee (VDCs). The CORPs, with CHAT’s support, will connect this committee to local government agencies, to enable the community to build up a relationship with these agencies and to access training and funding opportunities. They also offer leadership on issues such as gender violence, security, environmental conservation, water, and other development issues.

QUIET ADVOCACY
Additional challenges to people accessing family planning information and services include limited government funding and weak supply chain management. To address these challenges, CHAT engages in some direct advocacy work. CHAT currently sits on three planning committees – for Laikipia, Samburu and Isiolo Counties – to advocate for increased funding for family planning within the broader health portfolio, and to lobby for integration of CHAT’s strategy into the overall workplan of the County government.

ENVIRONMENT
A Population, Health & Environment approach recognizes the complex interconnection between people, their health, and the natural resources on which they depend. It provides a framework for understanding and addressing these issues holistically, on the assumption that the outcomes for both human welfare and the environment will be greater than if these issues are addressed separately.
WHERE WE WORK

ECOSYSTEM

CHAT focuses their work where people and nature co-exist within fragile ecosystems. These areas include a variety of ecosystems from mountains to acacia woodland to dryland savannah to riverine areas, and include regions bordering conserved areas, or within community conservancies.

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CHAT CURRENTLY OPERATES WITHIN 5 ECOSYSTEMS

1. North Kenya Rangelands Ecosystem Samburu, Isiolo, Laikipia & Marsabit
2. Tana River Ecosystem Northern Kitui, Meru & Tharaka
3. North Rift Ecosystem Baringo (East Pokot) & Nakuru (Mau Forest)
4. Lake Victoria Basin Ecosystem Kisii.
5. The Mara Ecosystem Narok South

UNDERSERVED

Approximately 80% of the inhabitants receiving CHAT’s services live in underserved rural areas. Barriers for these individuals to access and use family planning include poverty, lack of education or literacy, remote areas with no functioning health facility, cultural and religious barriers and myths or misconceptions. For example, in Samburu, Laikipia, Isiolo, Marsabit & Baringo the people are largely transient, semi-nomadic pastoralists from a number of ethnic groups, including Samburu, Turkana, Pokot, Boran, Somali and Mukogodo.

CHAT BELIEVES

1. Individuals can contribute more towards livelihood and economic opportunities when family size is manageable. This includes social opportunities, education and economic outcomes for all individuals in the community.
2. When you increase the spacing between children both mother and child have better health outcomes.
3. Increased family planning use reduces suffering of particularly women, including gender-based violence.
4. With the reduction of family size, populations reduce pressures on the environment.
5. When natural resource availability improves, security overall will improve for communities.
6. All our partners are key but the government is the most sustainable long-term partner for family planning, health, and environment needs of the community.
CHAT’S OUTREACH STRATEGIES

Reaching people by foot, vehicle or hoof!

In the more remote and difficult to reach areas, CHAT employs mobile camel safaris, which offers integrated health services including family planning, antenatal care, HIV testing and counseling, basic curatives and referrals for other health issues.

This strategy is particularly effective in terms of engaging men, who get involved in helping care for the camels, which provides CHAT with an opportunity to informally share information on family planning.
Our CORPs move go door-to-door, in their own and surrounding communities, and provide information and counseling on family planning using a population, health and environment (PHE) approach and any other health concerns individuals may have.

Working with people in the privacy of their own home allows people to feel at ease and make informed decisions in a confidential and low-pressure environment. The CORPs provides referrals to local medical centres and assists individuals to access these services. The CORPs also engage with people about broader ecological and social issues that impact the community’s overall well-being.

CORPs work with CHAT alongside local leaders and government representatives to identify areas where communities have limited access to health facilities, significant unmet family planning and health needs and where the cost of accessing medical facilities is a barrier.

In these areas, initially a motor mobile clinic is organized to provide integrated health services including family planning, immunizations, antenatal care, child welfare clinics, basic curatives and referrals.
CHAT'S ECOSYSTEMS

CHAT focuses their work where people and nature co-exist within fragile ecosystems. These areas include a variety of environments from mountains to acacia woodland to dryland savannah to riverine areas, and include regions bordering conserved areas, or within community conservancies.

Within these ecosystems, population growth and density are unsustainable for the health of communities and the environment. As the natural resources people rely on for their livelihoods become degraded, these communities experience a deepening cycle of poverty and suffering.

**KEY FOR ECOSYSTEMS**

- **CORPs**
- **CAMEL MOBILE OUTREACHES**
- **BACKPACK (ON FOOT)**
- **MOTOR MOBILE (CIRCUITS)**
- **VILLAGE COMMITTEES**

**NUMBER OF INDIVIDUALS REACHED WITH POSITIVE PHE BEHAVIOUR CHANGE INFORMATION**

**NUMBER OF WOMEN REACHED WITH DIFFERENT FP METHODS OF THEIR CHOICE**

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**ECOSYSTEM**

1. **NORTH KENYA RANGELANDS DRY, SHRUBBY, REMOTE**
   - CHAT activities in this region in 2019:
   - 21 people reached
   - 6 motor mobiles
   - 17 backpacks
   - 29 corrals

2. **TANA RIVER CRITICAL WATER BASIN**
   - CHAT activities in this region in 2019:
   - 2 people reached
   - 0 motor mobiles
   - 0 backpacks
   - 10 corrals
   - 57 village committees

3. **NORTH RIFT HILLY, DUSTY, REMOTE**
   - CHAT activities in this region in 2019:
   - 2 people reached
   - 1 motor mobile
   - 0 backpacks
   - 0 corrals
   - 10 555 village committees

4. **LAKE VICTORIA BASIN INTENSE, SMALL-SCALE FARMING**
   - CHAT activities in this region in 2019:
   - 1 person reached
   - 0 motor mobiles
   - 0 backpacks
   - 7 corrals
   - 1 402 village committees

5. **THE MARA WILDLIFE, WHEAT, PLAINS**
   - CHAT activities in this region in 2019:
   - 1 person reached
   - 0 motor mobiles
   - 0 backpacks
   - 0 corrals
   - 9 231 village committees

6. **THE ABARDARES FOREST, WATER, GREENS**
   - CHAT activities in this region in 2019:
   - 1 person reached
   - 0 motor mobiles
   - 0 backpacks
   - 8 corrals
   - 1 518 village committees

7. **NAIROBI SLUMS HARDSHIP, CROWDED, STRUGGLE**
   - CHAT activities in this region in 2019:
   - 1 person reached
   - 0 motor mobiles
   - 0 backpacks
   - 5 corrals
   - 1 827 village committees
CORPS

BOOTS ON THE GROUND

CHAT works with communities through a partnership approach

Local elders and leaders identify a ‘Community Own Resource Person’ (CORPs) who, by definition, must be good mobilisers, trusted by community, and able to respect individual’s confidentiality. There is no formal requirement, accreditation or education required before they join. All the training they need is received through CHAT’s support.

Each CORP supports their community in a customized way to the needs and challenges of that region, working alongside their home communities. They focus on health and family planning but may also participate in finding solutions to issues around development, environment and livelihood projects.

CORPs are performance based and supported by CHAT with ongoing mentoring and training (facilitated with the Government of Kenya).

STATISTICS

CAMELS

4 counties (Laikipia, Isiolo, Samburu & Baringo)
6 trips this year
30 days per trip
1,049 long term FP
7,455 for behavior change

MOTOR

4 counties (Laikipia, Isiolo, Samburu & Marsabit)
1 trip monthly, 2 trips quarterly
10 days per trip
8,748 long term FP
25,483 for behavior change

BACKPACK

13 counties
53 CORPs
CORPs work daily
22,193 long term FP
115,199 per year behavior change

$4.50 average cost per person
1 CORP reaches 160 people/month
10 Village Development Committees supported
80% of inhabitants who receive CHAT’s services lie in underserved rural areas

Other services provided:
ANC 82   Immunization 161   Patients 929
HIV Testing & Counseling 238
CHAT staff: 2 CORPS   1 nurse   6 camel herders
Fragile & remote regions
Travel by foot while the camels carry medical equipment, rations & camping kit.

Other services provided:
ANC 676   Immunization 818   Patients 7,695
HIV Testing & Counseling 2,195

Other services provided:
ANC 424   Immunization 626   HIV testing & counseling 2,126

160 Village Development Committees
supported
80% of inhabitants who receive CHAT’s services lie in underserved rural areas
HOW TO SUPPORT CHAT

If you would like to support CHAT please visit: www.chatafrica.org/donate

To see our volunteering opportunities please see: www.chatafrica.org/volunteer

For any other enquiries please contact: mobileclinicsafrica@gmail.com

Check out our projects on: www.globalgiving.org

Donate/volunteer for projects on: www.givingway.com

US$10
WILL PROVIDE 2 WOMEN WITH SHORT-TERM CONTRACEPTION METHODS FOR 1 YEAR

US$15
WILL PROTECT 1 WOMAN AGAINST UNWANTED PREGNANCY FOR 5 YEARS

US$25
WILL SUPPLY 1 MAN WITH CONDOMS FOR 1 YEAR

US$50
WILL SUPPORT A COMMUNITY BASED MOBILIZER FOR 2 WEEKS TO PROVIDE EDUCATION ON THE LINK BETWEEN FAMILY PLANNING & THE ENVIRONMENT

US$75
WILL PROTECT 5 WOMEN AGAINST UNWANTED PREGNANCY FOR 5 YEARS

US$150
WILL PROTECT 10 WOMEN AGAINST UNWANTED PREGNANCY FOR 5 YEARS
DONORS

Throughout CHAT’s history, there has been a focus on maintaining long-term partnerships with a variety of local, national and global donors and partners.

Many continue to support CHAT to this day, and we look forward to developing and growing our partnerships in the years to come. Here is a list of our donors in 2019. There are many private individual donors who contribute to our work and although we do not mention you here, we are very grateful for your support and will continue working hard for the communities we serve.

- Anonymous
- CHAPS
- CHASE Africa
- East Africa Women League
- Global Funds
- Global Giving
- Government of Kenya
- Kijani Kenya
- Maliasili
- Milgis Trust
- Mpala Conservancy
- Kenya Wildlife Trust
- Offbeat Safaris
- The Nature Conservancy
- OI Jogi Conservancy
- US Aid - Afya Timiza
- Private donations via paypal & online

FINANCES

INCOME: Ksh.67,018,310

PROJECT ACTIVITIES
- Outreaches: 25,133,316
- Salaries: 22,507,284
- Vehicles: 1,843,813

MONITORING AND EVALUATION
- 6,045,381

ADMINISTRATION
- Salaries: 4,830,683
- Office expenses: 2,239,686
- Insurance and Depreciation: 1,341,037
- Other: 928,583

A DETAILED BREAKDOWN OF COSTS TAKEN FROM THE CHAT FINANCIAL STATEMENT 2019:

All annual audits are available on the CHAT website at www.chatafrica.org or can be requested from mobileclinicsafrica@gmail.com
CHAT serves over 130,000 individuals with a PHE approach, of which over 50,000 chose a contraceptive family planning method – the highest number of people ever reached in one year! CHAT now has a staff of 13 and an active partnership with 32 CORPs, who together support the provision of family planning access and integrated mobile health services in 7 critical ecosystems across Kenya.

CHAT starts to engage in advocacy at the County level.

2014
Family planning training curriculum developed alongside MoH, with an integrated component of ecological awareness.

CHAT serves over 130,000 individuals with a PHE approach, of which over 50,000 chose a contraceptive family planning method – the highest number of people ever reached in one year! CHAT now has a staff of 13 and an active partnership with 32 CORPs, who together support the provision of family planning access and integrated mobile health services in 7 critical ecosystems across Kenya.

CHAT updated its 5 Yr Strategic Plan with the help of Malasili; produced an annual report in addition to their usual Quarterly Reports, and in March transferred the running of the Mpala staff clinic to Mpala Research Centre management.

CHAT is granted funds for Laikipia and Samburu districts to initiate a motor mobile outreach.

2008
CHAT wins the ‘Most Outstanding Health Market Innovation’ and ‘Mobile Health’ award from the Centre for Health Market Innovations (CHMI), supported by the Bill & Melinda Gates Foundation, the Rockefeller Foundation and UK Aid. CHAT participates in the Diamond Jubilee celebrations for Queen Elizabeth II to represent the northern pastoral communities of Kenya.

Two CORPs are engaged. MCT begin to work with the Ministry of Health and our first HIV/AIDS programme begins.

2000
First camel mobile safari in Laikipia.

2002
Motor mobile strategy begin to provide services in Laikipia County. Most of the communities live 15-30 km away from the nearest facility.

2011
MCT is amalgamated into CHAT to reduce costs. CHAT continues to provide integrated health services with a focus on family planning to underserved communities.

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@communtieshealthafrica
@communtieshealthafricatrust

www.chatafrica.org

Our Global Giving & GivingWay’s projects:

Globalgiving: https://www.globalgiving.org/donate/6423/communities-health-africa-trust/

Givingway: https://www.givingway.com/organization/communities-health-africa-trust