Mama Ann’s Odede Health Centre, Kenya
In March 2013, South Australian not for profit organisation World Youth International (WYI), in partnership with the community of Odede, built and opened a brand new hospital in Western Kenya - *The Mama Ann’s Odede Health Centre*.

WYI has been supporting communities in Kenya for over 20 years. Based primarily in Western Kenya and partnering with local communities and NGOs, WYI has supported a range of sustainable development projects ranging from classrooms, kindergartens and eco-toilets to community centres, irrigation projects, goat breeding and more recently, the construction of the brand new hospital in Odede.
Local (Odede) mama Josephine reflects on the struggles of previously having to walk to a hospital 25kms away for her ante and postnatal checks:

“During my pregnancy with my last born, I had to walk too far, it made me sick and I was so tired. Now every Tuesday I see mothers attending our hospital, it is good ... Giving birth at hospital is something that needs help.”
WHY ODEDE?

Situated on the banks of Lake Victoria, the tiny village of Odede is located in the Rarieda district of Nyanza Province. Much of the local population are rural, subsistence farmers living in extreme poverty (less than $2.50 per day). The communities have limited access to basic infrastructure and services such as health and education.

The district is home to some of the highest HIV/AIDS rates in the country, with an estimated one in four people living with HIV- four times the national rate.

Maternal and infant mortality rates are also unacceptably high; an estimated 55 out of every 1000 babies die before their first birthday each year (WHO 2010). Many of these children are dying from malaria and other preventable illnesses like diarrhoea.
There are some nearby dispensaries which offer basic medications and treatment, but until recently the nearest hospitals have been around two hours drive away. Local people are often unable to afford the transport costs to these facilities, and are unable to walk for several hours to reach assistance in an emergency.

As a result of this isolation, many pregnant women were simply giving birth in their own homes without the assistance of a skilled birth attendant. This was often the cause of easily avoidable and sometimes fatal complications such as haemorrhage, fistulas and other infections.

To improve the health of families and give infants and mothers a better chance of survival, it became clear to the community that the existing gaps in the health services needed to be filled, and access to quality healthcare needed to be improved. After two years of careful planning and community consultation with World Youth International, The Mama Ann’s Odede Community Health Centre was opened in March 2013.
In addressing the region’s most critical health and development needs, the hospital provides a range of services including:

- Material Health services to expectant and nursing mothers
- Immunisations and services for prevention and treatment of child-related illness
- Reproductive health services
- HIV/AIDS-related care and counselling services
- Laboratory testing and Pharmacy
- Public health campaigns (hygiene and sanitation) and community outreach (home visits)

Since its opening, the hospital has been saving lives and safely welcoming many other into the world, including a beautiful set of twins. A pregnant mothers group has formed, and a team of local volunteer community health workers are providing critical support and advice to those who need it most. Hospital staff are currently treating over 40 patients per day, and demand for services is increasing every week.
**A COMPARISON OF 2013 TO 2014**

<table>
<thead>
<tr>
<th></th>
<th>2013</th>
<th>2014</th>
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<tbody>
<tr>
<td>Staff Members</td>
<td>10</td>
<td>21</td>
</tr>
<tr>
<td>Average number of patients per month</td>
<td>280</td>
<td>295</td>
</tr>
<tr>
<td>Average number of births per month</td>
<td>8</td>
<td>13</td>
</tr>
<tr>
<td>Number of women attending Antenatal Clinics each month</td>
<td>20</td>
<td>25</td>
</tr>
<tr>
<td>Internally Generated Revenue</td>
<td>$8,920</td>
<td>$18,183</td>
</tr>
<tr>
<td>Sales of Drugs and Services</td>
<td>$892</td>
<td>$1,818</td>
</tr>
</tbody>
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**Please Note:** These figures have been gathered through data provided by the Odede Community Health Centre between March 2013 and mid-November 2014. All dollar figures have been calculated from Kenyan Shillings (KSH) to Australian Dollars (AUD) using the current conversion rate of 75 KSH to $1 AUD.
RESULTS SINCE OPENING IN MARCH 2013 - NOVEMBER 2014

<table>
<thead>
<tr>
<th>Service Provided</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>Number of patients treated</td>
<td>6,333</td>
</tr>
<tr>
<td>Number of babies delivered safely</td>
<td>241</td>
</tr>
<tr>
<td>The highest number of births in one month (August 2014)</td>
<td>27</td>
</tr>
<tr>
<td>Number of children vaccinated</td>
<td>961</td>
</tr>
<tr>
<td>Number of women who have received Antenatal Care</td>
<td>502</td>
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<tr>
<td>Number of people who have accessed family planning services</td>
<td>410</td>
</tr>
<tr>
<td>Number of people tested positive for HIV</td>
<td>74</td>
</tr>
<tr>
<td>Internally Generated Revenue</td>
<td>$27,103</td>
</tr>
</tbody>
</table>
EMPLOYING LOCAL PEOPLE

The Hospital is staffed entirely by local Kenyan Health professionals. It is comprised of a Board of Directors, Hospital Administrator, and a team consisting of two nurses, one nurse aid, one clinical officer (doctor), and other administrative and support staff. The hospital provides these local people with critical employment, and a small army of community health volunteers are also supported by the hospital for their community outreach work. 21 staff are now employed at the hospital.

AUSTRALIAN NURSES IN ACTION - BUILDING LOCAL CAPACITY

WYI is excited to now offer Australian health professionals a once-in-a-lifetime opportunity to work with local Kenyan health staff and volunteers as part of our new specialist volunteer program. Designed by nurses, for nurses, the Nurses in Action program runs for four weeks and leaves Australia eight times a year. Led by a professionally trained team leader, participants have the opportunity to immerse themselves in a local Kenyan village setting while lending their skills to build the capacity of local Kenyan health staff and volunteers.

To find out how you can get involved in this incredible new program, head to the WYI website for more information: www.worldyouth.org.au
EVEYLIN’S STORY

Evelyn is 29 and has three young children. Before starting work at the Odede Community Health Centre she was unemployed and relying on her family for financial support. When she heard that the Health Centre was planning to open, she wrote a letter to the Director to apply for a job as a Cleaner and Cook. She now works full time and loves working in friendly and supportive environment, and is able to earn money to support herself and her children.

“Since I started working here, now my children have clothes and they eat well. I bought myself a bed and I even bought a goat so I can have milk for my children. I no longer have to ask my family for money, so I can pay for school fees and buy anything I need.”

DAVID’S STORY

David has been working as a Lab Technologist for seven years, and came to work at Odede Community Health Centre in 2013 as one of the pioneering staff members.

When he was a child, David’s father passed away and he was left to take care of the rest of his family. When he was in college, David’s younger brother became very ill and was admitted to hospital, where the doctors were unable to diagnose him. After three days he fell into a coma and passed away, at only 15 years old.

David was devastated by the loss of his brother and not knowing what was wrong with him. It made him passionate about discovering how to test and diagnose illness and disease, so that doctors can know how to treat patients and other families will not have the same experience as his.

“This really motivated me, because I don’t want to see another person go through this without knowing what is wrong.”

David’s job allows him to help many people within his community, and also support his family from the income he earns.
The mamma of one baby I will never forget walked multiple kilometers, through a subtropical storm, at night, so as to birth her girl into the helping hands of a trained care worker. As it happened, these turned out to be my hands. My first active resuscitation! No doctors, no emergency buzzer...just itty bitty lungs that needed oxygen. The baby girl had the courage to wave at me. I have heard she is continuing to do very well.

Amosi, my name is Jane and I had the exceptional privilege of volunteering in Kenya with WYI (Nurses in Action Program). This opportunity came at a time when I had only just completed my Masters of Midwifery (a mere 2 weeks prior) and was full to brimming over with enthusiasm for my craft! Being one of only four trained Midwives on the team, it became apparent that we would most certainly be able to take part in a birth...and I was not disappointed! By the end of the month, the Odede Community Health Centre had a record number of births (more than 20!) and I was honored to be involved with five of them. Each one was precious and incredible in its own right and the story above is only a snapshot of the emotions and learning I experienced.

The local staff could not have been more supportive. Welcoming us, they showed us the facilities and talked us through the process for each expectant mother once she arrived at the Health Centre in labor. The Health Centre nursing staff were open and responsive, teaching us their routines, and allowing us to have input into their practices. A few afternoons of education sessions proved highly interesting and interactive! Above and beyond these experiences, their humility was evident as they performed duties far beyond a standard 8_hour workday. They would also keep us up to date with women’s progress should we not be able to stay at the hospital for the entirety of the labor.

On quieter days, I was intrigued to learn about the HIV screening, counseling process and also the tests available within the pathology lab. In contrast, Tuesdays always proved to be a buzz within the maternal and child health clinic, allowing us to conduct post_natal follow_ups with the mothers and their new babies. Weighing and immunizations were carried out alongside plenty of cuddles!

Within this warm and nurturing environment, I saw firsthand how each individual functioned and respected another’s value and role within the Health Centre. Whether admin, accounts, pharmacy, medical, clinic or inpatient, pathology, kitchen and cleaning, nursing or midwifery, all were friendly and engaging in their own way. This has all been achieved in only a year since opening and I can only pray that their capacity to aid the local community and surrounds increases as they offer quality health care with the support of WYI, and people like you and I.
SUSTAINING THE FUTURE

The growth and long-term success of the hospital depends on its sustainability.

WYI is currently working with the hospital’s management team to scale up in-country fund raising efforts, and the organisation is supporting an Australian Young Ambassador for Development (AYAD) placement to Odede in 2014.

There is a strong focus on investing in local income generating activities which will help the hospital move towards self sustainability. Currently there are maize farms and a chicken project underway, and the local health insurance scheme is providing important subsidies for patient visits. However, the reality is that these short-term contributions are minor when considering the total annual budget.

As a small Australian NGO that relies on the generosity of our supporters, WYI desperately needs your help!
HOW YOU CAN HELP

1. Become a Key Stake Holder
World Youth International is looking for a Key Stake Holder to assist with the running costs and ensure the long term sustainability of the hospital. In recognition of the financial support, naming rights will be made available to the Key Stake Holder for the length of the sponsorship period.

A tax deductible amount of $85,000 per year will secure naming rights.

For further information relating to becoming a Key Stake Holder, please contact Ralph Hoey (Director) by email at ralph.hoey@worldyouth.org.au or by phone on 08 8340 1266
1. **Donate**
You could make a one off donation or alternatively set up regular contributions. All donations are fully tax deductible and your money goes directly to the hospital.

- $10 will buy seeds for the millet farm
- $20 will provide life saving medications and consumables
- $50 will help purchase life saving birthing and delivery kits
- $100 will help train a skilled birth attendant
- $500 will stock the pharmacy full of drugs for three months
- $5000 will purchase a new water tank
- $15,000 will provide a complete installation of solar power for the hospital!

2. **Lend your skills and expertise**
Skilled health professionals including nurses and midwives can take part in our specialised volunteer Nurses in Action program, or we can tailor programs tailored to suit individual/group timeframes and expertise.

3. **Purchase Hospital gifts from our WYI Gift Catalogue**
Are you tired of buying or receiving unwanted gifts at birthdays and Christmas? Well why not buy someone a gift with a difference from the **WYI Gift Catalogue**. Gift items start from as low as $5 and include girls sanitary pads, infant formula and medical supplies. Place your order now!

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**HOW TO DONATE**

**Online: www.worldyouth.org.au**
Buying a gift or making a donation online could not be easier. Look for the ‘**Donations and Payments**’ page of the WYI website and follow the links to the ‘**Mama Ann’s Community Health Centre**’.

**Phone: 08 83401266**
Call our friendly office staff Monday to Friday, 9am to 5pm AEDST and process your payment over the phone.

From the **WYI Gift catalogue online** - www.worldyouth.org.au
Founded in 1988 by the late Robert Hoey, WYI has facilitated meaningful volunteer opportunities for more than 3,000 Australians, launching leaders and supporting community development projects all over the world for the past 27 years. WYI currently offers a range of exciting volunteer programs to countries including Kenya, Nepal and Peru.

For more information on our new hospital in Kenya or any of WYI’s projects, jump onto the WYI website www.worldyouth.org.au or call one of our friendly office staff on 08 8340 1266