

**Annual/Midterm Report Format  
World Granny – Family Health Trust**

**WorldGranny**



**Family Health Trust**

**NAME OF ORGANISATION: FAMILY HEALTH TRUST**

**STARTING DATE: APRIL 2009**

**PROJECT DURATION: ONE YEAR**

**PERIOD COVERED BY THIS REPORT: APRIL 2009 TO MARCH 2010**

**TITLE PROJECT: IMPROVING THE GENERAL LIVELIHOOD OF OLDER CAREGIVERS IN ZAMBIA**

**DATE OF SUBMISSION: 9<sup>TH</sup> JULY 2010**

**TOTAL PROJECT BUDGET: EURO 38,563.89**

## 1.0 Executive Summary

Family Health Trust in partnership with World Granny Project is implementing a project in Kalikiliki and Kang'omba communities to improve the general livelihood of older caregivers.

The goal of the project is **“to contribute to the improvement of quality of life of the older caregivers in Zambia”**.

The major interventions being undertaken to improve the quality of life of the older caregivers are as follows:

1. Improving basic security in households with older caregivers and OVC through provision of cash incidentals and monthly food supply.
2. Strengthening older caregivers in Kalikiliki and Kang'omba in care giving task through psychosocial support from peers in weekly meetings.
3. Increasing household income for older caregivers through enterprise activities in Kalikiliki and Kang'omba.
4. *Older caregivers growing their own money and hence secure a more sustainable livelihood through the saving and loan association concept.*
5. *Improving household food security through the provision of farm inputs in Kang'omba.*

The major activities embarked on during the period under review are:

- Income generating through Hammer mill project, Block making project
- Cash payments and monthly food supplements and
- Provision of farm inputs.

## 2.0 Context of the project:

Zambia is a landlocked country and sparsely populated by more than 70 ethnic groups and its population is at 11million. In the late 1960s it was the third largest copper producer, after the United States and Soviet Union. However, the world copper prices collapsed in 1975 with devastating effect on the economy. Currently Zambia is on of the Highly Indebted Poor Countries in the World. The major problems that people face in Zambia are:

- Devastating impact of HIV and AIDS,
- Food insecurity,
- Orphans and vulnerable children being looked after by older carers,
- Few children especially girls unable to go to school,
- Lack of/Inadequate clean water and sanitation.

The World Granny project is operational in two sites namely Kang'omba and Kalikiliki.

Kang'omba is located about 135Km north of Lusaka the capital city of Zambia in the rural area of Kabwe of Central Province. Kang'omba Support Group started as an initiative for the improvement of living conditions of women especially those affected by HIV/AIDS in the Kang'omba Community. The initiative was started by a religions group of women known as “Mothers Union”. This was after attending a workshop in Siavonga which was organised by Family Health Trust on issues affecting Women and Children.

Kang'omba Community has an average population of 10,000, 90% of residents are peasant farmers growing pumpkins, maize and groundnuts. Some residents have a few chickens and goats. Access to water for most women is reasonably close, though some have to walk a long distance. Access to food is a challenge especially during summer period. The staple food is maize meal. Living quarters are of

poor quality; walls are made of mud and roofs are thatched with grass. The nearest health centre is about 7 kilometres from the Kang’omba Community. Each individual is required to subscribe to a health cost sharing scheme on a monthly basis in order to access treatment. Most of the people can not afford the scheme especially the older people.

Kalikiliki is situated about 7 kilometres from the city centres of Lusaka. Kalikiliki compound started as a squatter compound and is still being upgraded. It has close to 5,000 inhabitants. The people share communal taps which are placed in zones. A zone is comprised of 25 households. There is no health centre and schools in Kalikiliki. The nearest school and health centre are located in Mtendere compound which is about 2.3 kilometres away.

Kalikiliki Support Group was established in 1998 by a group of widows with the following objectives:-

- ❖ To empower guardians of orphans and vulnerable children so that they can cope with added burden of care.
- ❖ To be supportive to one another when in need.

In order to meet the objectives the group meets once a week. During the weekly meetings they do the planning together and teach each other ways of looking after their children and also HIV/AIDS talks are being given.

The groups in both sites have commenced with their new income generating activities as well as continued with the already established IGAs. The start has been slow due to the fact that the communities are just getting familiar with the services being provided by the Granny groups. Despite the weakening economy, the majority of the older people are now in position to make ends meet, embark on fundraising ventures that enable them to raise money to meet their needs as well as those of orphans. This is as a result of the sponsorship from the project that has empowered them and made it possible for them to embark on economic livelihoods. However, it must be noted that due to their age, the groups are not able to put in a 100%, but they are very happy to be in a position to contribute to the success of the group ventures.

So far there are no major political changes in the country that could have affected the groups in Kang’omba and Kalikiliki. Social services such as cash transfer scheme, policies such as social insurance are not there to take care of the aged. In Zambia so far only two districts have the cash transfer scheme, these being Kalomo in Southern Province of Zambia and Katete in Eastern Province of Zambia.

There are no legislated policies for older people and the social policies that are there are not well defined, and even if they are there on paper most people in the country are not even aware about them. The government has done so little on sensitisation of the masses.

**3.0 Beneficiaries**

	Direct		Indirect	
	Male	Female	Male	Female
Kalikiliki	11	109	170	163
Kang’omba	4	18	91	41

#### 4.0 Progress towards planned outputs

**Objective 1: Basic security in households with older caregivers and OVC is established through provision of incidentals and monthly food supply**

**Output 1.1: 110 Grandparent headed households (88 for Kalikiliki and 22 Kang'omba receive food)**

Planned Activities For The Year	Accomplished In Reporting Period	Description of the items received by Grannies	Challenges	Way forward
Procure and distribute food rations to grannies in Kang'omba and Kalikiliki on a monthly basis for 12 months.	Food rations for three quarters was procured and distributed to grannies in Kang'omba and Kalikiliki.	The food items which the grannies received during the months under review were as follows: Mealie meal and cooking oil.	The increase in the number of older caregivers in need of food aid and unstable food prices and delay in funding.	A criteria for food distribution has been put in place to ensure that the most needy grannies receive their food rations despite the ever increase in the food prices.

**Output 1.2: 110 Grandparent headed households (88 for Kalikiliki and 22 Kang'omba receive cash incidental)**

Planned Activities For The Year	Accomplished In Reporting Period	Amount of incidental given to household	Challenge	Way forward
Pay cash incidentals to 110 grannies in Kang'omba and Kalikiliki on a monthly basis.	At least 110 grannies received support in form of cash Kalikiliki and Kang'omba during the period under review.	ZMK 30,000 (thirty thousand kwacha only) is given to each granny.	The budgetary allocation for incidentals was initially for 80 grannies and this left a deficit for 40 grannies	The deficit for the 40 grannies will be paid from the IGAs being undertaken by the communities.

**Objective 2: 88 older caregivers in Kalikiliki and Kang'omba are strengthened in caregiving task through psychosocial support from peers in weekly meetings.**

**Output 2.1 88 older caregivers in Kalikiliki use weekly meetings to share problems**

<b>Planned Activities For The Year</b>	<b>Number of meetings held in reporting period</b>	<b>Number of Grannies attending meeting</b>	<b>Topics discussed during meeting in six month period</b>	<b>Nr of Grannies sharing their problems during meetings within six month period</b>	<b>Common problems</b>	<b>Challenges</b>	<b>Way forward</b>
<p>1. Hold weekly meeting with the grannies to enable them share their problems and ideas.</p> <p>2. Hold weekly meetings with the grannies</p>	<p>28 meetings were held in the period under review.</p> <p>5 meetings have been held in the period under review</p>	<p>An average of 35 grannies attended the weekly meeting.</p> <p>On average Kalikiliki had 40 grannies attending and Kang'omba had 15 grannies attending.</p>	<p>Topics were general and varied but based on issues of concern of the grannies.</p> <p>The sessions are aimed at increasing the capacity of the grannies to provide improved social, emotional support and protection to the children under</p>	<p>Over 30% of the grannies shared their problems during meetings.</p> <p>Fifty percent of the grannies participated in the delivery of these sessions.</p>	<p>1. The grannies are struggling in meeting educational support for the OVC under their care. The fees been asked by schools are high.</p>	<p>Identification of a volunteers to conduct the weekly sessions</p>	<p>1. The caregivers trained to assist on a rotational basis without a stipend.</p> <p>2. A manual creating a more supportive and protective environment has been adopted designed to increase awareness and motivational on the part on the participants to provide non material</p>

			their care.				care and support.
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**Output 2.2 22 older caregivers in Kang`omba use weekly meetings to share problems**

<b>Planned Activities For The Year</b>	<b>Number of meetings held in reporting period</b>	<b>Number of Grannies attending meeting</b>	<b>Topics discussed during meeting in six month period</b>	<b>Nr of Grannies sharing their problems during meetings within six month period</b>	<b>Common problems</b>	<b>Challenges</b>	<b>Way forward</b>
Hold weekly meeting with the grannies to enable them share their problems and ideas.	20 meetings held in period under review	On average 17 grannies attending meetings	General and varied	An average at least 10 shared there problems during the weekly meetings.	How they can address the problem of food insecurity in their area among the grannies.  Struggling to keep up with manual work during this farming season.		The weekly meetings that were suspended during the rain seasons have resumed.

**Objective 3: Basic household income of older caregivers increases through income generating activities and Kang`omba**

**Output 3.1 40 Grannies in Kalikiliki and Kang`omba acquire business management skills.**

<b>Planned Activities For The Year</b>	<b>Accomplished In Reporting Period</b>	<b>Organisation of activity by Granny Group</b>	<b>Challenges</b>	<b>Way forward</b>
Train 40 grannies in Kalikiliki and Kang'omba in business management skills.	40 grannies and other household representatives were trained in Entrepreneurship /business management skills.	A consultant from the ministry of community development was hired to conduct training in both Kang'omba and Kalikiliki. Some grannies who are able to read and write attended the training and those who were unable sent members of their households to represent them.	Most of the grannies are unable to read and write, this led to the majority of them not to attend the training workshop.	Some grannies and other household representatives were identified by the group and trained in business management to enhance their capacity to run the business.

**Objective 3: Basic household income of older caregivers increases through income generating activities and Kang'omba**

**Output 3.1 40 Grannies in Kalikiliki and Kang'omba acquire Savings Loans Training**

<b>Planned Activities For The Year</b>	<b>Accomplished In Reporting Period</b>	<b>Organisation of activity by Granny Group</b>	<b>Challenges</b>	<b>Way forward</b>
Train 40 grannies in Kalikiliki and Kang'omba in Savings Loans Association	40 grannies and other household representatives were trained in Savings Loans Association (SLA).	The training was conducted by FHT staffs that have experience in the SLA concept. The trained caregivers will provide support to the grannies during the weekly meetings. Some grannies who are able to read and write attended.	The recording keeping posed a problem for many of the participants during the training.	During the first phase, follow up to be made ensuring that recording keeping tools are correctly entered.

**Output 3.2 88 Grannies in Kalikiliki and receive block making machine to increase household income**

<b>Planned Activities For The Year</b>	<b>Accomplished In Reporting Period</b>	<b>Organisation of activity by Granny Group</b>	<b>Challenges</b>	<b>Way forward</b>
Procure a block making machine for Kalikiliki for income generation.	The block making machine is operational with the capacity of producing 200 blocks per day. Three types of blocks are made these are 4 inch, 6 inch, 8 inch.	Grannies have appointed two out of school youths to operate the machine  Some Grannies or granny household representatives volunteer to help in the watering of the blocks and fetch water for moulding of blocks.	High costs of electricity bills and water bills. -Grannies also lack business management skills.	Some grannies and other household representatives will be trained in business management to enhance their capacity to run the business.

**Output 3.3 Grannies invest income made from Block making machine in household**

Amount generated in reporting period	Nr of households benefiting from IGA	Nr of people using money for school fees	Nr of people using money of IGA for health care
ZMK 300,000 was generated from the block making project during the period under review.	No households have been supported from the money which was generated from the project as this was re invested into the project	No fees were paid using IGA funds	None

**Output 3.4 88 Grannies use tuck shop to increase household income**

<b>Planned Activities For The Year</b>	<b>Accomplished In Reporting Period</b>	<b>Organisation of activity by Granny Group</b>	<b>Challenges</b>	<b>Way forward</b>
The tuck shop has been restocked with merchandise.	The tuck shop is now fully operational.	The support group has divided it self in two groups, one group will concentrate on the block making project and the other group will be running the tuck shop project. This was just to ensure full participation of all the grannies in the group activities.		The most viable stuff was bought to ensure high turnover.



**Output 3.5 22 Grannies in Kang'omba receive hammer mill and Dehaulier to increase household income**

<b>Planned Activities For The Year</b>	<b>Accomplished In Reporting Period</b>	<b>Organisation of activity by Granny Group</b>	<b>Challenges</b>	<b>Way forward</b>
Monitor the operations of the hammer mill.	The hammer mill is operational.	A youth was employed by the grannies to operate and guard the hammer mill.	The major challenge is for transparency and accountability on the use of profits being generated from the enterprises.	A cash box has been introduced with three locks and each granny has keys to one flap and the box being kept at one central place with no access to the keys.
Construct a house for the caretaker.	Caretaker was constructed and completed.			
Purchase a Dehaulier	The Dehaulier was purchased	The youth operating the hammer mill also operates the Dehaulier		

**Output 3.6 Grannies invest income made from Hammer mill in household**

Amount generated in reporting period	Nr of households benefiting from IGA	Nr of people using money for school fees	Nr of people using money of IGA for health care
A total amount of K10, 500,000 (1000Euros) has since been raised from the IGA.	22 households are have benefited from funds which were raised from the hammer mill project.	10 OVC assisted from project as a contribution to payment of school fees.	22 grannies in the month of August got a share of K50, 000, contribution towards meeting their medical care.

**Objective 4: Older caregivers are able to grow their own money and hence secure a more sustainable living**

**Output 4.1 88 Older caregivers in Kalikiliki are involved in Savings and Loans associations**

<b>Planned Activities For The Year</b>	<b>Accomplished In Reporting Period</b>	<b>Organisation of activity by Granny Group</b>	<b>Challenges</b>	<b>Way forward</b>
To establish 2 Savings and Loans Association (SLA) in Kalikiliki .	The two savings loans associations are fully operational and functioning in Kalikiliki.	Each of the formed SLA groups have an executive committee that oversees the administration of the groups.	Finding money to deposit weekly as agreed in the internal regulations by the groups.	Encouraging individual group members to be involved in IGAs.

#### Output 4.3 22 Older caregivers in Kang’omba are involved in Savings and Loans associations

Planned Activities For The Year	Accomplished In Reporting Period	Organisation of activity by Granny Group	Challenges	Way forward
To establish 1 Savings and Loans Association (SLA) in Kang’omba.	The Savings loans association is fully operational and functioning in Kang’omba.	The formed SLA group have an executive committee that oversees the administration of the groups.	None	Conduct 3 days training workshop in Kang’omba

#### Outcome 4.4 Loans of the Granny groups in Kang’omba are invested in businesses and paid back in time

Amount deposited in 1 month	Booster amount given	Nr of people accessing the loan	Type of business engaged in	Paying back within stipulated period
290,000	2,750,000	The groups just began recently making deposits and will only start accessing loans after four months as they are building trust and confidence in the genesis.	None	The payback period will be a maximum of three months with an interest of 10%. Failure to repay within stipulated time results in a fine.

#### Output 4.2 Loans of Granny groups in Kalikiliki are invested in businesses and paid back in time

Amount deposited in 1 month	Booster amount given	Nr of people accessing the loan	Type of business engaged in	Paying back within stipulated period
340,000	2,750,000	The groups just began recently making deposits and will only start accessing loans after four months as they are building trust and confidence in the genesis.	None	The payback period will be a maximum of three months with an interest of 10%. Failure to repay within stipulated time results in a fine.

## Objective 5 to improve granny household Food and Nutritional Security

Output 4.1 22 Older caregivers' households in Kang'omba have their food and nutritional security improved

Planned Activities For The Year	Accomplished In Reporting Period	Organisation of activity by Granny Group	Challenges	Way forward
Provide Agro inputs to 25 grannies in Kang'omba.	Fertilizer and seed was Provided to 25 grannies to enable them grow t6heir own food.	Each granny received one 50kg bag of basal dressing one 50kg bag of urea fertilizer and 10kg maize seed.	Increase in the number of grannies in need of support.	To aim at supporting more grannies during next farming season to enhance household food security and promote self reliance.

### 7.0 Other events not scheduled in project proposal

An intern was attached to the project for a period of seven weeks to provided technical support and helps the grannies identify ways which can help them to be self sustained, one of the activities which was identified was to revamp the tuck shop project. The project has since been revamped and it's currently operational.

### 8.0 Monitoring and Evaluation (M&E)

Data to be captured	Monitoring Tool Used	Responsible person	Frequency of Monitoring Application
Demographic background info Beneficiaries	List for beneficiaries	Volunteers	Monthly
Spokespersons report	Questionnaire for spokesperson	Elizabeth/Mike	Mid year/Annual
Group meetings	Minutes of Weekly meeting, and follow up questions	Volunteers	monthly
<b>Monitor progress Grannies</b>	<b>Home visits</b>	<b>Elizabeth/Mike</b>	<b>Monthly</b>
IGA	Analysis Books, and follow up questions	Elizabeth	Monthly
SLA	SLA checklist	Facilitator/Elizabeth/Mike	Quarterly

## **9.0 Technical or Management Assistance Needs**

Both the Kang'omba and Kalikiliki groups lacked business management skills, but with the training in business management both groups have enhanced the business running skills, however this requires mindset to allow new enterprise development.

The staff on the programme are also experienced in Savings and Loans Association and trained in Micro enterprise development and will use the knowledge in helping the communities to be sustainable in the various enterprises that they will engage in.

## **10.0 Conclusion**

The Kang'omba hummer mill project and Dehaulier project are sustainable enterprises and require supervision on a regular basis to encourage sustainability. The produce from the agro inputs provided for agriculture has improved the livelihoods food security and should be encouraged as a venture.

Kalikiliki operational of the block making is a viable project as much of the communities are into construction and should tap on the market availability. The tuck shop profits have minimal profits and identification of foodstuffs is on going and will assist grannies to address the community problems.

Grannies in both project sites have remained dedicated to their project which is very encouraging to Family Health Trust. Hopefully this will ensure sustainability of the project in the long run.

The assistance received from World Granny is indeed making a very positive impact in the project areas to both the grannies and the children being looked after.