

**Rising Fountains Development  
Program (RFDP)-Zambia**

*"Local Solutions Addressing Local Problems"*



# Organization's Annual Report for The Year Ended December 2010

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ORS/102/15/258  
[Pick the date]

## **Acronyms/Abbreviations**

<b>RFDP</b>	Rising Fountain Development Program
<b>OVC</b>	Orphans and Vulnerable Children
<b>CT</b>	Counseling and Testing
<b>VCT</b>	Voluntary Counseling and Testing
<b>PLWAHs</b>	People Living with AIDS
<b>KM</b>	Kilometers
<b>NASF</b>	Netherlands Albert Schweitzer Foundation
<b>DEBS</b>	District Education Board Secretary
<b>OCC</b>	Orphans Care Committees
<b>WSC</b>	Water and Sanitation Committees
<b>COW</b>	Community Outreach Workers
<b>GMC</b>	Grandmothers Committees
<b>SAFE</b>	Students Alliance for Female Education
<b>IGA</b>	Income Generating Activity
<b>CMI</b>	Colour Me In
<b>HBC</b>	Home Based Care
<b>PATCT</b>	Prevention of Mother to Child Transmission
<b>IEC</b>	Information Education Communication
<b>WASHE</b>	Water and Sanitation Health Education

## **THE PLIGHT OF ORPHANED CHILDREN IN RURAL LUNDAZI**

Lundazi District home of RFDP is one the largest districts in the Eastern Province part of Zambia, producer of maize and groundnuts. The district covers an area of 14 068 Km Square. The district also shares boundaries with other neighboring districts of Chama on the North, Mpika on the West, Chipata on the South, Mambwe on the Southwest and borders with Malawi on the east which is 15 Kilometers away.

The HIV/AIDS pandemic has touched the lives of the entire Zambian population either directly or indirectly, many Zambians, especially the children and young people and Lundazi is not exceptional. Zambian people have traditionally depended on the extended family in times of hardship. However, HIV/AIDS pandemic has stretched the traditional extended family structure to the limit. Some children who became orphans at a young age, did not know there orphans because there guardians are reluctant to tell them that they are not there biological parents, such as stigma around HIV/AIDS and bearing the brunt of the effects of the HIV/AIDS pandemic are those without adult support who have to literally fend for themselves. These children are as young as 11 years old. Child household receive particularly no attention or help from extended family and face enormous problems caring for their own health and that of their own young sisters and brothers, when frequently could not afford to pay for formal health center treatment and medicines.

OVCs are repeatedly dropping out of school, not receiving access to appropriate health care and increasingly decrease their food intake. Adult heads of households need a savings scheme and micro credit in order to establish a modest but steady source of income. Improving household economic security can lead to improving food security and can also lead access to health care and increased enrollment in school

Against all odds and the various challenges that the organisation encounter RFDP has managed to expand its programs to other areas. In addressing water and sanitation crises in most rural communities of Lundazi. RFDP has embarked on serious rehabilitation of wells, construction of pit latrines in various schools, installation of hand washing facilities and awareness campaigns on hygiene with our established water and sanitation committees.



*Un protected well identified by RFDP*

## **Our Success**

- ▶ To enhance young people's ability to take responsibility and make informed choices resisting negative pressures, discussing openly and freely on issues affecting them and avoiding risky behaviour, RFDP supported 60 SAFE club members with IEC materials in the form of T-shirts and mentors guide manuals. Mentors guides will be used to source HIV/AIDS information from to initiate behaviour change in the youths. Three (3) mentors guide manuals were distributed to 3 SAFE clubs-1 per club, while 60 T-shirts were given to each of the 60 SAFE club members.
- ▶ Training of 125 community members in environmental conservation and forestry, agro forestry, and establishment of two woodlots in Nundwe and Kuppenja areas with more 3,000 trees planted during the year 2010.
- ▶ Training leaders in the formation of support groups - in which 5 groups where trained in Leadership skills in Phikamalaza - 2, Mphamba – 1 and Kapichila - 2 chiefdoms. The total groups formed were 10 and this comprises of 126 members from RFDP catchment areas.
- ▶ Launched of three SAFE clubs in three schools in Lundazi District.
- ▶ Identification and Enrolment of OVC for Support with support from our ever hard-working outreach workers (COW) and orphan care committees from our catchment areas in Kazembe, Chitungulu and the plateau.
- ▶ Supported 200 Orphans and Vulnerable Children and trained 20 Community Volunteer Teachers with the support from Breadline Africa.
- ▶ Enhanced knowledge and skills for 120 water and sanitation committee members in water /sanitation and hygiene-related matters who sensitise others in the community
- ▶ 12 water and sanitation committees strengthened, formed and 120 people trained
- ▶ Increased community understanding of the need for water and sanitation committees at water points
- ▶ High hygiene standards observed by 3,810 people in the areas where water and sanitation services have been improved, constructed and hygiene lessons conducted.
- ▶ Empowered local communities for self sufficiency in water and sanitation needs
- ▶ Improved access to adequate water and sanitation services (combined) for 3,810 people in schools and communities.
- ▶ Reduced distance walked to get safe, clean water for 1,650 people.
- ▶ Improved community health for overall development of the entire community.

## **Who we are**

RFDP is a growing non-governmental organisation (NGO) based in Lundazi district of Eastern Province, Zambia. The organisation was established in 2000 in the spirit of the United Nations Millennium Development Goals. We are a registered organisation with Charity number ORS /102/15/258. The organisation is committed at fighting HIV/AIDS and reducing poverty across the district and work in partnership with the Local Government Authorities, Government Line Ministries, Traditional Leaders and other stakeholders in the province. Whilst working to lessen the impact of these vices through Livelihood and Micro Enterprise development, Care and Support for Orphans and Vulnerable Children (OVC), Sustainable environment conservation and Agriculture, Water and Sanitation, and HIV/AIDS & Health, the organisation recognizes the wider political and economic factors which influence them, and therefore need also to be addressed on a national and international level.

## **Where we work**

Zambia is one of the poorest countries in the world, land-locked in the centre of southern Africa. Its high incidence of poverty, ill-health and early school leavers place it 165<sup>th</sup> out of 177 on the UN's Human Development Index; a tier of the index reserved for the war-torn only.

RFDP is based in Lundazi District of the Eastern Province of Zambia. Covering over 14, 058sq km, the district's vast size and treacherous roads make it difficult for many of the inhabitants to access key services and market. It is those communities in the remote, rural areas of Lundazi district that RFDP have attempted to assist in the Luangwa valley (chiefdoms of Mwanya, Kazembe and Chitungulu) and the plateau (which includes Mphamba, Phikamalaza, Zumwanda and Kapichila chiefdoms) areas of the district as its operational areas. The Luangwa valley is the most deprived area in the district due to its remoteness and hence other Aid agencies and NGOs have remained in the urban areas of the district where amenities such as communication systems and government offices are manageable. RFDP is the only organisation operating in the Luangwa valley and the Plateau areas working towards alleviating the impact of poverty and HIV/AIDS, Care and Support for Orphans and Vulnerable Children (OVCs), Water & Sanitation, Agriculture, Environmental conservation and Livelihood.

## **What we do**

### **Mission Statement: Mission**

Rising Fountains Development Programme mission is to provide service to the need and empower the rural communities in their social economic development over Lundazi District of the Eastern province of Zambia

### **Vision**

To ensure that people have a sustainable capacity to overcome household food insecurity and poverty and to reduce HIV/AIDS transmission in the rural areas of Lundazi district and surrounding areas.

### **Overall Goal**

The goal of the organisation is that people should have sustainable capacity to overcome household food insecurity, and general poverty.

### **Organization Objectives;**

RFDP is entrusted with the mandate of regulating its programs across Lundazi district. The organisation is therefore implementing its objectives as regards to what the organisation was formed for. It is equipped with sound sectors knowledge and experience. RFDP is guided by the following objectives.

- **HIV/AIDS** - Improve primary health care and contribute to the reduction of the spread of HIV/AIDS for strategic groups: widow/grandmothers, youths, OVC, PLWA and high risky groups such as small scale miners and fishermen.

- **Water and Sanitation** - To improve the availability of clean, safe drinking water and sanitation services, promotion of hygiene practices and reduce water borne disease through the rehabilitation of wells, construction of VIP latrines, formation of water and sanitation committees, installation of hand washing facilities and raising community awareness on hygiene issues.
- **Care and Support for orphans and vulnerable Children** - To improve provision of care and support for orphans and vulnerable children (OVC) and youths through distribution of school requisites, clothing, blankets and food, empowering caregivers with knowledge and skills to enable them to provide for their families needs and forming and supporting youth groups.
- **Basic Education** - To improve access to basic education for Orphans and Vulnerable Children (OVC) through the distribution of school requisites, paying school fees and supporting community schools.
- To empower women in rural communities by increasing their household incomes through sustainable Livelihoods and Micro Enterprise Development.
- **Environmental Conservation and sustainable Agriculture** - To advocate environmental protection, ecological agriculture through raising community awareness and empowering them with knowledge, skills, resources and support to make effective, long term changes to their practices.

## How we do it

### Organization Values

- ✓ To respect and encourage the involvement of the communities we work with
- ✓ To encourage women to play a greater role in shaping their own future
- ✓ To be transparent and accountable
- ✓ To be an equal opportunities employer

A fundamental factor to the success of RFDP's projects is the involvement of the community at the grass root level in activity implementation and decision making and the ever presence of the organisation in the community.

The organisation has the monitoring and evaluation sector which work closely with the community to ensure transparency in the assessment of community projects. In all the stages, the community members and key leaders are not spared. At district level, we work in partnership with the Ministry of Local Government and Housing, Ministry of Health, Ministry of Community Development and Social Services (Department of Social Welfare and Community Development), Thandizani, Africare, and Ministry of Education. At national and international level, RFDP is working along with individuals and international organizations that support the organisation financially, materially and technically.

### Governance and Policy

RFDP comprise Board of Trustees who are vested with authority to give guidance and policy formulation. This advisory Board reviews the activities RFDP, implements and offers suggestions for the way forward. Members are drawn from different backgrounds. They have put in place the measuring yardstick to evaluate successes and challenges management faces in its day to day

endeavors. They also ensure that RFDP remains on course in its organisation mission, goals and objectives.

**The 2010 Board of Trustees consists of the following:**

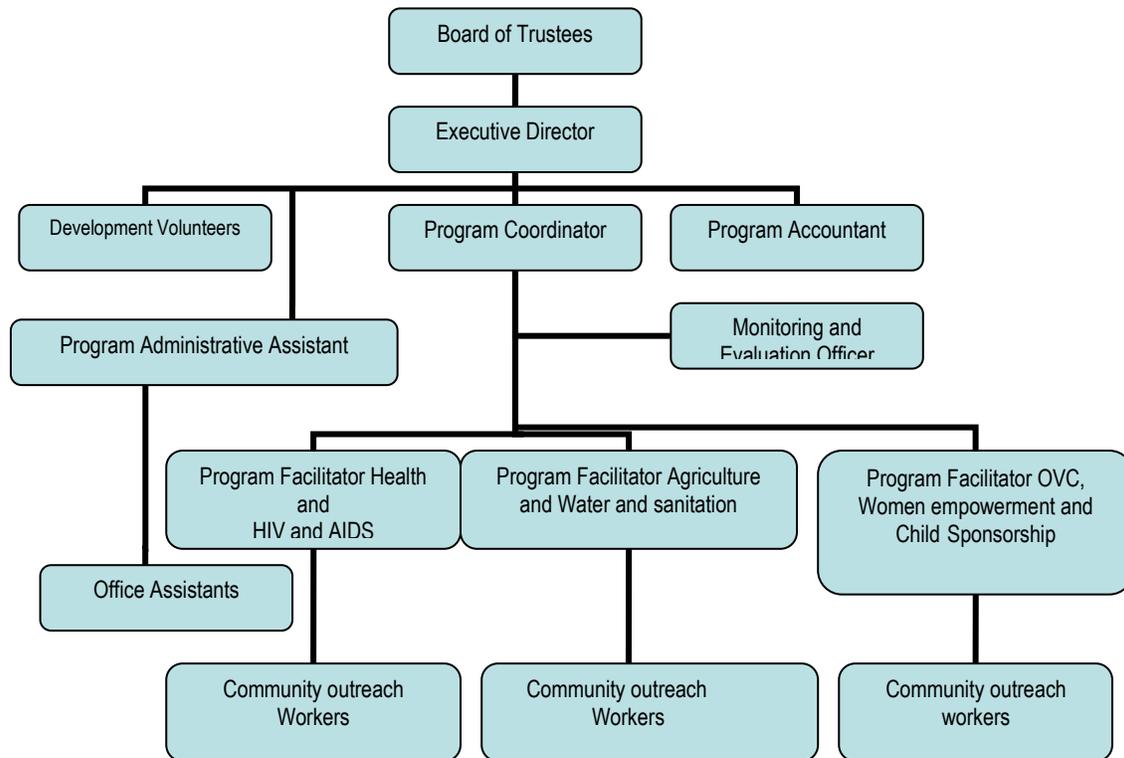
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**RFDP Staff**

At management level, RFDP has eighty full time staffs and 2 part time workers during the year, whilst at grass root level we have six community outreach workers (COWs) who act as a link between RFDP and the community.

We have also established several committees who implement and enforce work at lower level. Such committees are Water and sanitation committees (WSC), orphan care committee (OCC) and grandmothers committees (GMC), support groups, people living with HIV/AIDS, all these are components in the support groups, headed by the outreach worker, who reports directly to the main administrative office of RFDP.

**Below is the structure of the organisation**



**OUR WORK**

**1.0 Water and Sanitation Sector**

**Sector Objectives**

Water and sanitation sectoral objectives include improvement in availability of clean drinking water and sanitary services, promotion of hygiene practices and reduce water borne diseases through the rehabilitation of wells, construction of pit latrines, formation of water and sanitation committees, installation of toilet hand basins.

**Details of implemented activities/Achievements**

The following passage describes, in detail, activities implemented and achievements recorded in the year under review. As already alluded to in the executive summary, the year passed with very little done to achieve the set objectives. Achievements that could be mentioned include:

**1.1 Construction of Double Ventilated Improved pit latrines**

To sum up the K81, 947, 234. Simavi-funded school sanitation project initiated just at the close of 2008, RFDP completed the construction of 5 by 2 (10) VIP toilets in the first quarter of 2010. Two by double toilets were completed at Kapangala Middle Basic School and 3 doubles were

completed at Chitungulu Middle Basic School, both of which schools are in the Luangwa valley of Kazembe and Chitungulu chiefdoms respectively. The provision of these sanitary facilities has significantly reduced water-related ailments for over 500 pupils.

RFDP also constructed 12 double ventilated improved toilets in 6 schools (government and community schools) funded by Netherlands Albert Schweitzer Foundation (NASF). These toilets have been constructed from underneath so that they do not collapse in case of heavy rains during the rain season.



*Some of the pit latrines built at Chitungulu Middle School.*

## **1.2. Continuous training of water and sanitation committees on hygiene and sanitation services**

Through training workshops RFDP capacity built water and sanitation committees from different water points. Twelve (12) committees-120 committee members were equipped with knowledge on water and sanitation issues through 4 workshops. Some committees were strengthened; others formed and trained in hygiene and sanitation services. Training focused on helping the community understand the goodness of water and sanitation committees. Terms of references (ToRs) were spelt out with community to avoid long term abuse of authority and use of property by only minority indigenous groups. In consultation with beneficiary schools, RFDP also trained youth water and sanitation committees in schools to form extra curricular activities allowing students to maintain sanitary facilities through an interactive personal hygiene curriculum.

## **1.3. Site visits for participatory surveys for impact assessment**

RFDP also conducted, with the community, a comprehensive participatory monitoring and evaluation exercise. The idea behind carrying out the monitoring and evaluation process was to ascertain how effective the project has been with NASF's previous funding. All previous completed projects (wells and toilets) were visited in the community. Through an in-depth Rapid Rural Appraisal, RFDP, in collaboration with the communities, determined community readiness to care for and own the water and sanitation points (exit strategy).

## **1.4. Rehabilitation of shallow wells**

For good quality drinking water for people, RFDP rehabilitated 11 water wells in different locations in the communities. These are villages that initially had no proper drinking water as the wells were dilapidated resulting in water dripping inside to contaminate the water. This led to an increase in water related ailments. The wells either had their cracks/holes mended or had entire old aprons replaced with new ones.

### **1.5. Strengthening of working relations**

In trying to win support from Simavi for a longer term partnership in water and sanitation, a proposal needed to be developed. A lot of information and data was needed to include in the proposal to justify the necessity for this project in Lundazi district. As such RFDP sought audience with partners to collect this vital information and data. Valuable material was gathered from the Ministry of Education (Lundazi DEBS office) showing the number of schools (109) lacking proper and adequate sanitary facilities and the enrolment of pupils in these schools. From the Ministry of Local Government and Housing (council) RFDP managed to get the map of Lundazi district showing areas of deficit in terms of water points and other important information relating to the improvement of access to adequate safe water. RFDP also went in the field to have discussions with communities and assess water and sanitation needs. This type of interaction with government ministries and the communities cemented working relations, a thing that will definitely ease the implementation of the WASHE project in the district as Ministries of Education and Local Government are some of the major stakeholders.

### **2.0. Care and support for orphans and vulnerable children**

**Objective:** To improve provision of care and support for orphans and vulnerable children (OVC) and youths through distribution of school requisites, clothing, blankets and food, empowering caregivers with knowledge and skills to enable them to provide for their families needs, forming and supporting youth groups.

#### **Implemented activities and successes**

Rising Fountains Development Program (RFDP) recorded the following successes during the year 2010 as far as care and support for Orphan and Vulnerable Children was concerned:

#### **2.1. Identification and enrolment of OVC for support**

With support from our ever hard-working outreach workers (COW) and orphan care committees (OCC) in Kazembe and Chitungulu, Rising Fountains Development Program (RFDP) identified a total number of 200 most vulnerable children to receive support from Breadline Africa (BLA) of South Africa through Rising Fountains Development Program (RFDP) as the implementing agency. These children were selected from various learning institutions (schools) in the project area that included Chitungulu Middle Basic School, Chilubezi Community School, and Chocha Community School all benefited from the school requisites which went to orphans and vulnerable children (OVC).

#### **2.2. Procurement and distribution of school requisites**

RFDP procured 50 pairs of maroon uniforms, 6 black boards, 40 boxes of chalk, 2 bales of second hand clothes, 50 tablets of soap, 6 footballs, 50 exercise books, 50 ball point pens and 50 pencils. These requisites were distributed to the identified most vulnerable children from grade 1 to 9 of Chitungulu Middle Basic School, Chocha Community School and Chilubezi Community School in the Lundazi valley. However Romase Basic School, Nundwe Community School, Kuppenja Community School and Chiwe Community School on the plateau also benefited from the school requisites. 50 pupils benefited from uniforms (30 for girls and 20 for boys) while the 150 pupils received exercise books, ball point pens, second hand clothes, tablets of soap and pencils. Black

boards and pieces of chalk were given to each of the above mentioned schools. In all 200 OVC's and 7 schools received support from Breadline Africa. Events were organised in schools for the distribution of school supplies where HIV/AIDS awareness issues focusing mainly on behaviour change were incorporated as part of the activities.

### **2.3. Training of 20 community volunteer teachers**

20 volunteer teachers were trained and equipped with skills in the current education curriculum. The teachers were drawn from different community schools operating under the auspices of Rising Fountains Development Program (RFDP) in Kazembe and Chitungulu of the Luangwa Valley. By gender 13 were female teachers and 7 were male teachers. The training was conducted for five (5) days as it was proposed in the project proposal submitted to Breadline Africa (BLA). The training was done not only by Rising Fountains Development Program (RFDP), but also by invited partners in development, the Ministry of Education who have the expertise in terms of education theories and training procedures.

### **2.4 Distribution of early childhood school registers**

Access to education is the most important resource that is measured in RFDP. It is possible to make sure that, each school under RFDP has the school register where pupil's names are entered. These school registers are inspected by RFDP monitoring and Evaluation officer every after 3 months before closing the school calendar.

### **2.5. Formation of orphan care committees**

In some operational areas on the plateau, orphan committees (OCC) have been formed and facilitated on what they are suppose to do and these committees are in Nundwe catchment area in chief Mphamba, Chiwe and Romase catchment areas in chief Kapichila and Kупенja catchment area in chief Phikamalaza. RFDP has in total four committees with a total number of forty (40) members.

### **2.6. Meeting for early child education held in the catchment areas of the plateau.**

RFDP conducted a meeting at Romase community over early childhood education program held at the CCAP church. In total **179** people attended the meeting, by gender, **77** male and **102** female. A similar meeting was also held at Kупенja were **72** people attended the meeting and by gender **40** female and **32** male. Kупенja community is already doing the program and the meeting just supplemented the already existing program. Nundwe community was not left out in the meetings for early childhood education as they had plans of establishing a pre – school (Early childhood education).

### **2.7. Formation of grandmothers groups at Kупенja and Nundwe**

RFDP has formed two Grand mothers' clubs in Kупенja as well as two in Nundwe to work towards alleviating poverty amongst the communities, and support the vulnerable and orphaned children with the basic needs at home and in schools. In these groups, they have the committees that have been elected to lead the members in the communities. The number of people who attended these meetings at Kупенja was **64** and at Nundwe was **42** and these are all female.

## 2.8. RFDP celebrates “day of the African child”

The day dawned clear and brighter on **June 16<sup>th</sup>** when the day is celebrated, more than 1000 pupils aged 7 to 18 years from Lundazi District including private and public institutions gathered in the show grounds of Lundazi to celebrate the special day in remembrance of the young children who died in the massacre of South Africa. The Lundazi District commissioner Mr Alexandra Miti urged all the children present on that particular day to continue celebrating their day and know the purpose of such an important day, and why it is being commemorated.

The following institutions were present; Ministry of Sports, Youth and Child Development, Ministry of Community Development and Social Welfare, Ministry of Education, Churches and Non-Governmental Organizations just to mention but a few.



The schools recited poems, sketches, and drama. In conclusion the guest of Honour said that, the republic of Zambia through the office of Lundazi district commissioner himself Mr Alexandra Miti is committed to ensuring that there is continued attention given to children of which he mentioned that the children are the wealth of the nation.

Lundazi Boarding Secondary School Pupils  
Performing a local tradition dance.

## 3.0. HIV/AIDS AND HEALTH SECTOR

### Objective:

Combating HIV/AIDS and opportunistic infections and improving access to health care through training local communities in HIV/AIDS prevention, care and primary health care and working in partnership with the Ministry of Health to improve access to Voluntary Counseling and Testing (VCT) and Antiretroviral Treatment (ART).

### Implemented activities.

2010 was a year in which Rising Fountains Development Program (RFDP) took a stance and grew and reached out to many communities and beneficiaries and degree of achievements were as follows:

### 3.1. Training community leaders

Training Leaders in the formation of support groups - in which 5 groups were trained in leadership skills in Phikamalaza - 2, Mphamba - 1 and Kapichila - 2 chiefdoms. The total numbers of groups formed were **10** and this also comprises of **126** members living with HIV/AIDS from RFDP catchment areas.

### 3.2. Commemoration of world AIDS day

Theme for the Global was "universal access is a human right" While Zambian theme is Access to prevention, treatment care and support is my right.

Over 300 + people attended the event, which was held in the show ground of Lundazi district. The commemoration attracted not more than 10 learning institution (schools), 5 community based organization, 5 Faith based organizations, awareness messages where passed on to the public and Voluntary Testing and Counseling was initiated at some points to allow people to be tested.

To commemorate World AIDS Day 2010, RFDP decided to hold activities together with other non governmental organizations who are members of the District AIDS Task Force (DATF) namely Thandizani CBPC, Mthunzi development, Chikondi Home Based, CCAP Relief and Development, Cargill Zambia and various Government Departments like Ministry of Agriculture and Cooperatives (MACO), Ministry of Community Development and Social Welfare, Ministry of Education, Ministry of Health, Department of Youths, Zambia Police Service, Zambia Prisons Service, Zambia agency for persons with disabilities and Zambia Wild Life Authority.

The aim of the event is to remember people who have died from HIV/AIDS and to increase the fight against the pandemic through sensitization, like most of countries in sub-Sahara region, Zambia has been adversely affected by the HIV/AIDS and Pandemic .AIDS has devastated Zambia's most productive generation. Many widowed grandmothers and orphaned youth have the responsibility of housing and providing support for orphaned children. Food insecurity is also affecting most of the households across the country

### **3.3. Distribution of male condoms**

In reducing the high levels of early pregnancies and transmission of diseases, RFDP distributed condoms as a service to the community members of Kopenja and chiwe. Kopenja received 2 boxes of male condoms and 26 female condoms, while Chiwe community received 3 boxes of male condoms.

### **3.4. Launching of students alliance for female education (safe) clubs in Schools**

The Launch was conducted at Lusuntha Day Secondary, Chiwe Basic and Romase Basic schools. The SAFE clubs consisted of 15 members from each respective school and a total of **45** members from the three schools. However, apart from launching the SAFE clubs, the community workshop was conducted and not only to SAFE club members but also to other community youth members. The role of these clubs was to increase the understanding and have knowledge of HIV/AIDS and other social vices and the impact on the youths through Behaviour Change Communication (BCC).



*Chiwe pupils with their matron and RFDP Program Facilitator after the launch.*



*Romase Head teacher addressing the pupils  
And staff welcoming them at Romase just before the launch.*

### 3.5. Distribution of safe club t-shirts

To enhance young people’s ability to take responsibility and make informed choices resisting negative pressures, discussing openly and freely on issues affecting them and avoiding risky behaviour, RFDP supported 60 SAFE club members with IEC materials in the form of T-shirts and mentors guide manuals. Mentors guides will be used to source HIV/AIDS information from to initiate behaviour change in the youths. Three (3) mentors guide manuals

were distributed to 3 SAFE clubs-1 per club, while 60 T-shirts were given to each of the 60 SAFE club members.

*Chiwe group photo for pupils who  
Received White T Shirts from RFDP.*



### 3.6. Community level workshop

The workshop was conducted at one school as the organization had planned. This was held at Romase basic school, the workshop was meant to reduce the number of young people (18-35 years) who are having sex at an early age. Increase the percentage of young people who are Abstaining from illicit sex. RFDP conducted a three days community level workshop for each of the three schools (Chiwe, Romase and Lusuntha). The workshop discussed mainly HIV/AIDS prevention methods which included total abstinence from sex. 30 vulnerable community members attended the workshops – 10 members for each of the schools. By gender 20 females and 10 males were in attendance.



*(Rising Fountains Development Programs work is to  
Ensure access to education, for girls and boys).*

“My names are **Given Phiri** lam a female doing grade 11 at Lusuntha Day Secondary School in Phikamalaza chiefdom of Lundazi District of Eastern Province of Zambia. I am where lam today because of Rising Fountains Development Program (RFDP) a non –governmental organization operating in our area since the year 2009. As a pupil, I lacked knowledge in HIV/AIDS education though I had heard about HIV/AIDS. I really wanted to undergo a workshop in any youth programs.

Fortunately, RFDP came to my cry and I attended a behaviour change communication-(BCC) workshop for three (3) days. Rising Fountains Development Program (RFDP) recognized my vulnerability and included me on the list of pupils/youths to benefit as they saw great potential in

me to make it in life by attending the youth BCC workshop. RFDP, through Thandizani, supported me with behaviour change communication-(BCC) where I learnt about total abstinence, peer pressure and why change is difficult. Apart from those lessons, the organization has given me and the rest of friends some good white T-shirts and books to write in during the workshop. I would like to appreciate RFDP organization, the facilitators and Thandizani/ZNAN for helping youths to understand HIV/AIDS. Please keep on helping the youths in this school and in other areas, bye.”

### 3.7. RFDP commemorates VCT day in Khulikhuli middle basic school

The burden of HIV and AIDS continues to be a major challenge in Zambia’s Health Care System, in 1999, only 21 sites country wide offered the services and it was in the Public Health sector that offered Counselling and Testing Services.

In 2006, the government scaled up the services to other areas, the Sites came to the total of 450 providing Counselling and Testing Services countrywide. The theme for 2010 was “knew **your HIV status and Access Care and Support**” which fall on 30<sup>th</sup> June each year. During the commemoration Day United Nations Development Program (UNDP) Country Resident Representative Mr Macloudy Nyirongo, said that only **14.3%** of Zambian population knew their HIV status, since the set up of VCT services **86%** did not know their HIV status. Out of 72 districts in Zambia, Lundazi is ranked number one, where stakeholders have put efforts in reducing the epidemic, through Voluntary Counselling and Testing services which have been established on a large scale in Zambia since 1999 with the aim of providing quality and friendly counselling and testing services on the same day.

It was initiated with the establishment of 21 pilot sites evenly distributed in each of the nine provinces of Zambia and the Norwegian Government through NORAD provided the major funding in pilot phase. There was need to provide routine counselling and testing for HIV cases at all health centres. Testing of HIV infection and AIDS- related illnesses should not be forced onto the client but rather offered under mutual agreement based on informed consent and perceived need. The goal of Counselling and Testing (CT) was two fold. Firstly, CT facilitates behaviour change and hence preventing acquisition and Transmission of HIV. Secondly, counselling and testing serves as an entry point to HIV/AIDS Care, Treatment and Support Services.

### 3.8. RFDP participates in the launch of Zambia access to act initiative (ZAAI)

This was the most and interesting event that took place on 12-may 2010. The main aim of the program was to sensitise the community about the importance of using **COARTEM** correctly as prescribed by the hospital personnel, rather than buying from drug stores that could sale out stocked medicines to the people. The project identified few drug stores as pilot shops in response of selling of the COARTEM or Agents to Malaria Consortium Zambia. The four shops were identified in Lundazi District and another four shops from Chama District. ZAAI project was in sponsorship of different partners like the World Bank, Malaria Consortium and the District Health Office of Lundazi in order to mitigate the fight against Malaria that claimed the lives of the people during the year 2010.



The speech by the UNDP country resident DR. Macloudy Nyirongo during VCT day at Khulikhuli basic school June 2010

#### 4.0. Environmental Conservation and Sustainable Agriculture

**Sector objectives:** RFDP's objective is to advocate for environmental protection, ecological agriculture and sustainable livelihoods through raising community awareness and empowering them with knowledge and skills, resources and support to make effective long term changes to their practices.

#### 4.1. Training Workshop on forestry, agro forestry and Micro enterprise

##### Development workshops

To equip group members with skills and knowledge in forestry, agro forestry and enterprise development so that they implement the green micro loan project successfully, RFDP conducted trainings in Nundwe, Kopenja and Dunda areas. External resource personnel was hired from the Lundazi District Forestry Department to avail her knowledge and skills in forestry and agro-forestry concerns for the benefit of participants, while RFDP staff facilitated in enterprise development training workshop. The table below details representation of participants per group by gender:

Serial No.	Group Name	Attendance by Gender		Totals
		Female	Male	
01	Tilele	18	7	25
02	Tikhazikiske	15	10	25
03	Tikondane	20	-	20
04	Nundwe	17	8	25
05	Leopard	17	8	25
<b>Grand Totals</b>		<b>44</b>	<b>26</b>	<b>125</b>

#### 4.2. Disbursement of green micro loans

In the year 2010 RFDP disbursed micro loans to 5 enterprise groups (70 people). The micro loans (also known as green micro loans) were disbursed after forestry, agro-forestry and enterprise development trainings. This was because participants were meant to first understand the concept of the Green Micro Loan Project. The facilitator took time to explain why the group members were being given those micro loans (start IGAs) and how they were to make repayments (50% through tree planting and 50% through cash). A 10% interest rate was pegged at every loan given out. Having thoroughly assessed that nearly all the group members had grasped the idea, the loans were disbursed as follows:

Serial No.	Group Name	Total Amount Disbursed(ZMK)	Amount per Individual(ZMK)	Number of Received Loan
01	Tilele	2, 156, 000	143, 000	15
02	Tikhazgikiske	2, 068, 000	137, 000	15
03	Tikondane	2, 024, 000	202, 400	10
04	Leopard	1, 980, 000	132, 000	15
05	Nundwe	1, 980, 000	132, 000	15
<b>Grand Totals</b>		<b>10, 208, 000</b>		<b>70</b>

### 4.3. Distribution and transplanted of tree seedlings

In March, Kanele Land Care Institute donated a variety of tree seedlings to RFDP. The 3,000 trees donated were planted in the community schools and communities where RFDP operates. RFDP give thanks to Kanele Land Care for the good gesture shown towards development.

Handing over the trees to RFDP, Kanele Land Care Director, Mr. Mwale said trees should be put into good use and emphasized that the tree have a positive effect in as far as forest regeneration is concerned.

RFDP distributed 3000 tree seedlings to all the five enterprise groups formed- Nundwe, Leopard, Tilele, Tikhazgikiske and Tikondane - piloting the Colour Me In micro-loan enterprise project. The distribution was as follows:

Serial No.	Group Name	No. of Trees Distributed per Species per Group	Total No. of Trees Distributed per Group
01	Tilele	600 Keisha	300
		600 Musangu	
		600 Mubaba	
02	Tikhazikiske	300 Keisha	600
		300 Musangu	
		300 Mubaba	
03	Leopard	250 Mubaba	600
		200 Keisha	
		150 Musangu	
04	Nundwe	250 Mubaba	600
		200 Keisha	
		150 Musangu	
05	Tikondane	400 Mubaba	600
		200 Keisha	
<b>Grand Totals</b>			<b>3,000</b>

Having distributed the seedlings, they were later transplanted in different places. In the case of Nundwe and Leopard groups, trees were transplanted into the field while were transplanted at Nundwe Community School. For Tikhazgikiske and Tilele groups all the seedlings were transplanted into the field, where as Tikondane planted its own trees in home back yards. Of the 1500 seedlings distributed 2,381 have survived and are doing fine.

*A tree planted at Nudwe woodlot.*



### 4.4. Strengthening of working relations

Sarah Grant, CMI's executive Director paid RFDP a visit on the 20<sup>th</sup> and 21<sup>st</sup> July, 2010. The main purpose of her visit was to have on-the-spot check of the Colour me green (tree planting and IGAs) project RFDP was piloting with support from CMI. Sarah wanted to know what type of IGAs and

trees were planted, and whether generally the project was on course. CMI also wanted to learn from groups what ideas and programs were feasible and not, the challenges faced during implementation of the project and, as a team, to see the way forward RFDP staff and Sarah visited project areas of Nundwe and Kuppenja where they were privileged to group members.

This rare visit by a donor to project areas was a morale booster to the beneficiaries and strengthened RFDP working relations with CMI. The involvement of forestry department, who trained group members on forestry and agro forestry and gave valuable pieces of advice, also strengthened relations with government.

*Sarah Grant having a light moment with Nundwe group members. This was after a fruitful meeting in Nundwe project area.*



### **RFDP receives donation of pencils**

In 2010 RFDP was privileged to receive donations of 1925 pencils and 44 shapers donated by First Baptist Church, Tara Hall and Sieminski. The donations have greatly helped us to help Orphans and Vulnerable Children (OVC) in our catchment areas. Because of high levels of poverty in our community guardians fell to support the children with all the school requisites hence a pencil makes a difference to the life of vulnerable child.

## **LOOKING AHEAD 2011**

### **HIV/AIDS and Health**

- ▶ Staff, Volunteer, Board members and orientation workshop **25** participants
- ▶ Community change training for trainers of trainers **20** participants
- ▶ Provide training in Home based Care for the Caregivers **94** participants
- ▶ Train psychosocial counselors to provide support to OVC and PLWHAs **30** participants
- ▶ Develop **45** systematic register of PLWHA, TB patients and/or co-infected patients
- ▶ Develop efficient **45** referral system for HBC Counselors, Psychosocial Counselors for HIV/TB patients for treatment and care.
- ▶ Conduct household dialogue for **30** caregivers
- ▶ HIV/ AIDS awareness meetings **3** trips
- ▶ Skills-based health education to **45** (Primary and Secondary schools)
- ▶ Disseminate **400** IEC material and messages to PLWHAs and OVC
- ▶ Entrepreneurship Training for **20** caregivers and OVC
- ▶ Formation of Savings and credit groups for PLWHAs and Caregivers
- ▶ Establishing **120** backyard garden for PLWHAs and OVC
- ▶ Training of **20** community health workers in nutrition
- ▶ Conduct cooking demonstrations using locally available food stuffs **on going**
- ▶ Data collection for people living with HIV/AIDS.

### **Care and Support for OVC**

- ▶ Staff, Volunteer, Board members and orientation workshop **25** participants

- ▶ Training of 10 community based organisations (CBOs) in Financial Management and Monitoring and Evaluation
- ▶ Community change training for trainers of trainers **20** participants
- ▶ Provide training in Home based Care for the Caregivers **94** participants
- ▶ Train psychosocial counselors to provide support to OVC and PLWHAs **30** participants
- ▶ Conduct household dialogue for **30** caregivers
- ▶ Formation of Orphan Care Committees.
- ▶ Distribution of school requisites (school fees, uniforms, books, pens, pencils) to **200** pupils
- ▶ Distribution of material support to **200** out of school OVC
- ▶ HIV/ AIDS awareness meetings **3** trips
- ▶ Skills-based health education to **45** (Primary and Secondary schools)
- ▶ Disseminate **400** IEC material and messages to PLWHAs and OVC
- ▶ Entrepreneurship Training for **20** caregivers and OVC
- ▶ Formation of Savings and credit groups for PLWHAs and Caregivers
- ▶ Establishment of Market linkages and Market information points Improve Market Information Gathering and Dissemination **3** trips
- ▶ Establishing **120** backyard garden for PLWHAs and OVC
- ▶ Training workshops in children's rights and protection **20** participants
- ▶ Sensitisation of child's birth registration **3** trips
- ▶ Lobby for establishment of two birth registration centers in Lundazi and Chama District **3** trips
- ▶ Data collection on OVC & caregivers.

### **Water and Sanitation**

- ▶ Continue Discussions with Donors for funding to implement projects
- ▶ Capacity Build 40 water and Sanitation Committees
- ▶ Construct and Rehabilitate 30 points for good quality water
- ▶ Build 60 VIP toilets and install 40 hand washing basins at public institutions for good sanitation services
- ▶ Create 50 public Awareness on water and sanitation
- ▶ Continue Developing and strengthening relationships with stakeholders for smooth running of projects
- ▶ Find ways to initiate IGAs for RFDP's sustainability

### **Livelihood, Micro Enterprise development and Agriculture**

- ▶ Disburse micro loans to 150 group members
- ▶ Train 150 group members on Livelihood and enterprise development

### **Environmental Conservation and Sustainable Agriculture**

- ▶ Raise and transplant 20,000 different types of tree species.
- ▶ Sensitize 3,000 community members in environmental conservation and forestry management
- ▶ Support and equip 100 farmers with beekeeping kits.
- ▶ Train traditional leaders in environment conservation.

### **Acknowledgements**

Rising Fountains Development Program Staff , Management and Board of Directors is thankful to all organizations, government, civil societies who came on board to supplement its efforts on developmental issues (financial or in kind).

Pencil Project (US)



Colour Me In Project



Breadline Africa

Thandizani Community Based HIV/AIDS Prevention and Care



Albert Schweitzer Foundation (Netherlands)



### ***What Can You Do?***

There are many ways in which individuals and organizations across the globe can help RFDP continue to grow and develop the benefit of our beneficiaries.

### ***Volunteer***

International Development Volunteers – Following the initiation of the volunteer programme in 2007, the organizations eager for the programme to grow. Volunteers are crucial to capacity building within RFDP and offer fresh perspectives and approaches on our work. Volunteers are required for a minimum of three months and must have university degree and knowledge of issues relating to sustainable development.

***Contact [risingfountain@yahoo.com](mailto:risingfountain@yahoo.com) for more information.***

Technical / Virtual Volunteers – The organisation is always seeking to build working relationships with people in other areas of the world who have some spare time to help. Individuals with knowledge and skills in research, fundraising, proposal writing or any other field which can benefit the organisation are more than welcome to get in touch – [risingfountain@yahoo.com](mailto:risingfountain@yahoo.com)

### ***Donations***

You can make a financial donation to RFDP through Money Gram, Pay Pal or Western Union. Our details are: To become a member of RFDP costs US\$50 / £ 25stg per year.

With our development and growth the administrative dimension of our work has rapidly increased. We are seeking office equipment, including desk tops computers, printers and a photocopier. We are always willing to explore potential partnerships with individuals and/or organizations that could be of assistance in helping us procure these assets. Alternatively, we are always seeking additional funds to help us implement our projects. Individual or group donations can be given to any of these in the following areas:

- ▶ HIV/AIDS prevention and care
- ▶ OVC care and support
- ▶ Education
- ▶ Livelihood, Micro Enterprise Development and Agriculture
- ▶ Water, Sanitation and Hygiene

Alternatively, you can sponsor a child for one year of schooling.

**Please visit [www.risingfountains.org](http://www.risingfountains.org) or email [risingfountain@yahoo.com](mailto:risingfountain@yahoo.com) for more information.**

### **Donations in Kind**

The organization is always happy to receive gifts in kind from our partners overseas. In the past RFDP has received school requisites and blankets for our sponsored children. If you would like to post something similar, please do so to: **Rising Fountains Development Program, PO Box 530230, Lundazi, Zambia, and Africa**

### **Challenges**

- **High Cost of Project Implementation**

The cost of implementing the projects was so high that huge sums of money were swallowed up by the procurement of building materials, since prices of almost all building materials were exorbitantly increased. Again, RFDP do not own a project vehicle to carry building materials to construction sites, therefore relied heavily on hired vehicles. On account of the above cited reason, the cost of hiring a vehicle to ferry construction materials to designated construction sites was very high.

- **Transfer of Funds**

Having approved the proposals, donors take considerable time to transfer the money so that RFDP starts implementing the projects. This leads to the delay in the start of the projects.

### **Recommendations**

- **Consider Bigger Allowance Allocation in the Budget**

At the time of implementing the project, prices are usually higher than the ones contained in the proposal as it takes weeks, if not months, for the proposal to be approved. Higher prices are largely due to fluctuating prices of goods on the market. A typical example of materials whose prices were

hiked is cement and iron sheets. Considering this scenario, RFDP recommends that a reasonable percentage of allowance is included in the budget to offset the impending deficit. This will ensure the smooth running of the projects.

- **Transfer Funds in Good Time**

It is recommended that the transfer of funds is done in good time so that RFDP procures and transports construction materials while roads to sites in the valley are still passable. The ideal period of project implementation is recommended as being between early April and late November when Lundazi is not experiencing heavy rainfalls.

- **Continued Funding**

RFDP recommends continued donor support in all sectors since most areas in the catchment areas are in deplorable state as far as Sanitation, HIV/AIDS and Health and OVC care and support is concerned. RFDP feels this is just the beginning of our partnership and, therefore, RFDP strongly recommends that our partners considers long term funding to the organisation so that major improvements are carried out in the catchment areas. This will definitely have greater impact on the lives of the people.

## **CONCLUSION**

In conclusion the year 2010 was successful going by what was planned and implemented in achieving the organisation objectives and contributing towards the goals and development of the country. All this tremendous work was not been done by RFDP single handedly, but through joint efforts with Government and other stakeholders.” RFDP wishes to thank stake holders, NGO’s local government, ministry of education, ministry of community development & social welfare, local and international partners, community outreach workers and community members in the catchments.

In addition, RFDP also wish to pay special tribute to the stakeholders for sharing information with us. This gives us hope and inspiration that the sprit of sharing information with the general public

In the year 2010. It would be fitting here to mention major successes attained in the year 2010. Construction of Double VIP Latrines, Continuous Training of Water and Sanitation Committees on Hygiene and Sanitation Services, Visits For Participatory Surveys for Impact Assessment Strengthening of Working Relations, Procurement and Distribution of School Requisites, Identification and Enrolment of OVCs for Support, Training of 20 Community Volunteer Teachers, Distribution of Early Childhood School Registers Formation of Orphan Care Committees, Formation of Grandmothers Groups at Kupenja and Nundwe Rfdp Celebrates “Day of the African Child” Meeting for Early Child Education Held in the Catchment Areas of the Plateau.

Training Community Leaders Commemoration Of World Aids Day Distribution of Male Condoms Launching of Students Alliance for Female Education (Safe) Clubs in Schools, Distribution of Safe Club T-Shirts ,Community Level Workshop, Rfdp Commemorates VCT Day, Rfdp Participates in the Launch of Zambia Access to Act Initiative, Training of community members in environmental conservation, Micro enterprise Development Workshops, Disbursement of Green Micro Loans, Distribution and Transplantation of Tree Seedlings Strengthening of Working Relations.