

## IMPACT STORIES



### About ADSMKE

The Anglican Development Services of Mt. Kenya East (ADSMKE) is the development arm of the Anglican Church of Kenya. It operates in several counties including Kirinyaga, Embu, Tharaka-Nithi, Meru, Isiolo, and Marsabit. ADSMKE focuses on enhancing the well-being of communities by implementing various development programs. These include agricultural support, economic empowerment, health initiatives, and social services. They also engage in value addition projects, such as sun-flower processing, which provide resources like cooking oil and animal feed for local farmers.

Anglican Development  
Services Mt. Kenya East

P.O Box 290-10300  
Kerugoya  
Phone: 0202060565  
Email: [adsmke@adsmke.org](mailto:adsmke@adsmke.org)

# Impact Story: Anne Wambeti's Journey to Self-Reliance



Anne Wambeti, a mother of five, greets us with a warm smile as we step into her homestead. Her story is one of remarkable transformation, thanks to the Food and Nutrition Security Project funded by Bread for the World Germany and implemented by AD-SMKE. Just a few years ago, Anne described herself as "the poor of the poor," unable to afford even simple cup of tea. Her land was rocky and barren, and farming

seemed like an impossible dream.

However, everything changed when she joined the project. Through training and support, Anne learned innovative farming techniques that would help her make the



Ann in her kales farm, behind her is loam soil

most out of her challenging terrain. Determined to improve her livelihood, she bought fertile loam soil to transform her rocky plot into arable land. Today, her farm is thriving with high-value crops like kales and spinach, providing a stable source of income. She is also doing conservation agriculture in her farm, a practice she has learnt through ADSMKE.



Anne in her farm where she is practicing Zai pit farming

Anne's success didn't stop there. She ventured into dairy

goat farming and now proudly owns eight dairy goats. Recently, she sold a few of them to purchase a cow, further diversifying her farm activities. Her vision has expanded beyond subsistence farming—she now aspires to become a goat breeder and seller. Anne also dreams of purchasing a pickup truck to transport fodder for her livestock, a step that will enable her to scale her agribusiness.



Anne fending her dairy goat

From being unable to afford basic necessities, Anne Wambeti has grown into a successful agripreneur, inspiring her community with her resilience and ambition. Her journey exemplifies how targeted support and determination can turn adversity into opportunity.

Story by Patrick Kibe



## From Struggling Farmer to Thriving Innovator: Hellen's Journey of Transformation



ADSMKE, with funding support from World Renew, is actively promoting sustainable agriculture and economic empowerment in rural communities through the Farmer Field School (FFS) concept and Village Savings and Loaning Associations (VSLA). The FFS model focuses on equipping farmers with hands-on training in innovative agricultural practices, such as conservation agriculture, poultry management, and crop diversification, empowering them to improve productivity and resilience against climate challenges.

In parallel, the VSLA initiative aims to strengthen the financial stability of rural households by encouraging savings, providing access to small loans, and fostering investment in improved farming techniques. This dual approach not only boosts farm productivity but also enhances food security and livelihoods, as



seen in the transformative success stories of farmers like Hellen Karegi. By adopting FFS teachings and utilizing VSLA funds, farmers are empowered to innovate, invest in resilient farming practices, and achieve economic independence

Hellen Karegi, a 53-year-old farmer from Kiutine village in Igembe Central, is rewriting her farming story. Living with her husband, two children, and a grandchild, Hellen joined the Farmer Field School (FFS) in July 2023, where she gained invaluable skills in Conservation Agriculture, poultry farming, and crop diversification.

Determined to improve her livelihood, Hellen took bold steps during the October-December 2023 rainy season. She chose not to till her one-acre farm, saving Ksh. 3,000 in tractor fees. Instead, she mulched a portion of her land, resulting in healthier maize crops—a testament to the power of sustainable farming practices. She also planted drought-resistant crops like cowpea and green gram, ensuring food security even in dry spells.

Hellen in her farm

Thanks to poultry training, Hellen vaccinated her 13 chickens against Newcastle disease. While her neighbors' chickens perished, hers thrived, leading her to invest in improved local chicken breeds using a Ksh. 1,000 loan from the Village Savings and Loan Association (VSLA).



Hellen feeding her chicken

Inspired by nutritional training, Hellen planted mango, passion, and pawpaw trees, excited about future harvests. "I never thought I could grow fruit trees," she says with a smile, proud of her evolving farm.

Hellen's story is one of resilience, innovation, and growth—a testament to the transformative power of knowledge and community support.

Story by Esther Mbuya

## Cash Transfer Bringing Hope: The Story of Mrs. Rose Murimi

In the wake of devastating floods, hope arrived in Meru, Kirinyaga, and Embu dioceses through a life-changing project funded by Episcopal Relief and Development (ERD). This initiative reached a total of 367 households and 6 primary schools, providing vital support to those in need. Each school received a token of KES 29,303 to enhance their resilience, while vulnerable families, like that of Mrs. Rose Murimi,



received KES 5,087. These cash transfers were more than just financial aid—they were a beacon of hope, empowering communities to rebuild their lives with dignity and renewed strength.

Now, let's delve into the inspiring story of Mrs. Rose Murimi, one of the many beneficiaries whose life was transformed by this timely intervention.

In the heart of Kithecu Location, Makima Sub-County, Mrs. Rose Muthoni Murimi and her husband faced devastating floods that destroyed their small-scale subsistence farm—their primary source of livelihood. Elderly

and struggling to make ends meet, the couple found themselves in dire straits, having lost all their crops and income.

But hope came in the form of a cash transfer from ADSMKE. “The cash transfer came to give us hope for a better tomorrow,” Mrs. Murimi shares with a smile. She received Ksh. 5,087 directly to her mobile phone, a lifeline that enabled her to buy enough food for a month: 5kg of rice, 6kg of maize flour, 5kg of beans, and 2kg of cooking oil. Beyond food security, the funds also allowed her to seek much-needed medical treatment for rheumatic fever, which had affected her ability to walk.

“I used the rest of the money for my medical treatment. Now, I feel strong again and can comfortably take care of my chickens,” she proudly explains. With stocked food and renewed health, Mrs. Murimi and her husband are now preparing their farm for the upcoming October-December cropping season, ready to rebuild their lives.

The cash transfer not only restored stability but also brought dignity back to Mrs. Murimi's household, empowering them to face the future with resilience and optimism.

*Photos: Mrs. Murimi joyfully narrates how the cash transfer transformed her life in the first photo, while the second shows her pointing to their flood-affected farm, ready for a new beginning.*



Story by Michael Njagi



# "From Water Scarcity to Sustainability: Marsabit's Integrated Resource Management Success"

## Project Overview

The integrated water resources management and drought recovery initiatives in Marsabit County, particularly in Sololo and Moyale Sub-County, have significantly transformed local communities' resilience and sustainability. The project focused on improving water access, promoting sustainable agriculture, and enhancing sanitation through community-driven solutions.

## Water and Sanitation Impact

- **Community-Led Total Sanitation (CLTS):** In Funan-qumbi village, CLTS efforts led to the eradication of open defecation, enhancing sanitation for 71 households across four villages. This achievement was celebrated, with signboards installed to maintain the status. The initiative improved surface water quality, reducing contamination from runoff.
- **Gabions and Check Dams Construction:** Strategic construction in Elle-borr village reduced soil erosion, protected water sources from siltation, and mitigated the impact of flash floods. This initiative strengthened the community's resilience to climate-induced soil degradation.

**Water Pan Rehabilitation:** De-silting and rehabilitating two water pans in Elle-borr increased their water storage capacity, providing a reliable source of water for local communities during dry spells.

## Agricultural Resilience and Climate Adaptation

- **Farmer Exchange Programs:** Farmers from Uran and Anona benefited from exchange visits, gaining insights into sustainable practices like drip irrigation and rainwater harvesting, resulting in a 50% reduction in water usage and improved crop yields.
- **Women Empowerment:** Women-led initiatives in Anona and Uran promoted kitchen gardening and poultry farming, enhancing food security and household incomes. Their success in organic farming and energy-saving technologies has empowered them to take leadership roles within their communities.



**Crop Diversification and Environmental Conservation:** By integrating drought-resistant crops like Moringa trees, women's groups contributed to land restoration, improved nutrition, and economic diversification.

## Key Achievements

- **71 households** achieved open defecation-free status, significantly improving public health.
  - Enhanced water availability through **two rehabilitated water pans**, benefiting entire communities.
  - Over **50% water savings** in agriculture through drip irrigation, leading to increased productivity.
  - Empowered women and farmers through **knowledge-sharing** and sustainable practices.
- These integrated interventions have not only improved water access and agricultural productivity but also strengthened community resilience against climate change, ensuring long-term sustainability and empowerment for Marsabit's rural communities.

*Photos: A lady checks on her kitchen garden in Anona, Marsabit County*

Update by Bokayo Kushi

## Challenging the Norms Through the Voice of Men: A Success Story from Isiolo

### Background:

Anglican Development Services of Mt. Kenya East (ADSMKE), the development arm of the Anglican Church of Kenya, serves Kirinyaga, Embu, Meru, Tharaka Nithi, Isiolo, and Marsabit Counties. Since May 2023, ADSMKE has partnered with Jhpiego to implement a Post Pregnancy Family Planning (PPFP) project in Isiolo, with the initiative running until 2027. This project, operating across 15 health facilities, focuses on promoting child spacing for at least two years after delivery, as recommended by the World Health Organization (WHO). The PPFP intervention aims to reduce maternal complications, prevent deaths, and address malnutrition, a persistent issue in Isiolo, where the Global Acute Malnutrition (GAM) rates are alarmingly high at 13.7%.



### Breaking Barriers in a Patriarchal Society:

Isiolo is characterized by deep-rooted patriarchal norms, where men dominate decision-making, including on family planning. Traditionally, a lack of male involvement has hindered the adoption of PPFP. To counter this, ADSMKE has initiated a transformative journey, promoting male engagement in family planning. The strategy leverages male champions to drive behavior change using a peer-to-peer model, thereby raising awareness and debunking myths around family planning.

### The Role of Male Champions:

One of the key figures in this movement is James Rotuba, a dedicated male champion from APU Health Centre. "Previously, men in my community thought that family planning meant *kukata* — stopping to have children," Rotuba shares. "Thanks to the APIP Project, we now have men-only forums that provide a safe space for open discussions on child spacing." These forums have empowered men to support their spouses in making informed family planning decisions.

*Photos: Frame 1; A male engagement forum, Leparua*

### Expanding the Reach:

To amplify this change, Rotuba actively engages in



community dialogues, speaks in churches, and participates in radio shows on platforms like Radio Nagaa. His advocacy has normalized conversations around family planning, previously seen as a taboo topic. Over 14 male-focused sessions have been conducted, reaching more than 1,000 men. These sessions led to the referral of 91 women for PPFP services, with 19 accompanied by their spouses, showcasing increased male support.

### Positive Impact on Health Outcomes:

The efforts to involve men have yielded remarkable results. The uptake of PPFP services within 48 hours post-delivery increased from 100 clients in 2023 to 112 between January and October 2024. The intervention



has not only boosted PPFP uptake but has also empowered women to make autonomous decisions regarding their reproductive health, contributing to healthier families and communities.

### Conclusion:

The collaboration between ADSMKE and Jhpiego, supported by male champions like Rotuba, is breaking cultural barriers and fostering a supportive environment for family planning in Isiolo. This initiative is a testament to the power of inclusive community engagement in challenging norms and improving health outcomes.

*Frame 2 & 3 : James Rotuba at Ngaika village community dialogue on PPFP and on radio respectively*

*Story by Abraham, Programme Officer – APIP Project, ADSMKE Isiolo*