

Nkhoma Orphans Project

**Providing Sustainable Resources
to the Poorest of the Poor**

A Proposal



Presented to

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NKHOMA ORPHANS PROJECT



HIV and AIDS

World Vision is a Christian humanitarian organization dedicated to working with children, families, and their communities worldwide to reach their full potential by tackling the causes of poverty and injustice. Motivated by our faith in Jesus Christ, we serve alongside the poor and oppressed as a demonstration of God's unconditional love for all people. World Vision serves all people, regardless of religion, race, ethnicity, or gender.

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*A higher standard.
A higher purpose.*

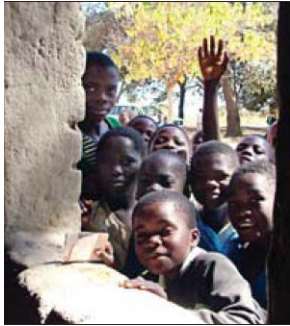


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Introduction

Nkhoma is an area of great need and even greater promise. Its people are anxious to improve their communities, and ready to do the work required to help ensure they have the resources they need to live healthy, productive lives.

Just a few years ago, Nkhoma's 25,000 people faced a difficult future without much hope. With little support and scant resources, they had few solutions to the challenges this impoverished community faces. Then, a year ago, 19 United States churches and four Malawi ministries formed a compassionate group, the Y-Malawi Church Partnership, to care for the people of Nkhoma. Soon transformation began taking root in this area marked by high illiteracy rates, lack of farming skills and tools, and major health issues. Among the most devastating of those health issues are HIV and AIDS, which have swept through Nkhoma and the rest of Malawi, leaving some 1 million Malawian children without one or both parents*.



HIV and AIDS
in Malawi

Ranking 166th of 177 nations on the United Nation's Human Development Index, Malawi is a tiny nation with vast needs. Among those needs that must be addressed is the devastation caused by HIV and AIDS. More than 14 percent of Malawians are HIV-positive, most of them ages 18 to 49. As this productive middle generation dies, some 1 million children have been left without one or both parents. Without help, these children's deteriorating circumstances often cause them to spiral even deeper into poverty.

Significant planning and development strides were made in the first year of Nkhoma's community development. In addition to laying a strong foundation for sustainable development, the Mphanda Primary School was expanded to include two additional classrooms and five toilets. Borehole well drilling also began at the school, and 450 households gained access to clean water after 10 unprotected wells were treated with chlorine. Five fruit tree nurseries were established, and 198 local farmers were trained to train others in growing fruit trees, and grafting and conserving indigenous trees. And immunization remained high with 80 percent of children being updated on vaccinations. In addition, some 8,500 people viewed the *JESUS* film. These advances—and more—are instilling hope for a better future in Nkhoma. As the members of the Nkhoma community, Y-Malawi, World Vision, Opportunity International, the youth department of Nkhoma Church of Central African Presbyterian Synod, and the Malawi-based organization Fishers, Trainers, Senders continue this critical work for the next 14 years, each tomorrow brings new hope to one of the poorest areas within one of the world's poorest nations.

Among the vital issues to be addressed in Nkhoma is the pitiful legacy of HIV and AIDS: homes without parents, families

* According to the United Nations, children who have lost one or both parents are called orphans because even the loss of one parent, especially if that parent is the mother, often leads to the break-up of the family and a change in living situation for the child.

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without breadwinners, and children caring for mothers and fathers as they die. Thank you for considering how you can partner with World Vision as together we come alongside some of the world's most vulnerable children.

The Need

With a nationwide prevalency rate of 14 percent, HIV and AIDS are widespread throughout Malawi, including in Nkhoma. As the pandemic combines with chronic poverty, hundreds of local families struggle simply to survive. The HIV and AIDS pandemic has left hundreds of Nkhoma children without one or both parents, and many adults chronically ill. This reality has created a domino effect in Nkhoma that begins with the illness and death of adults and leads to increased food shortages, malnutrition, and increased poverty among families that already were poor.

Most of those who have died from diseases as a result of AIDS are from the highly productive ages of 18 to 49. As these adults die,

many leave children without parents. In a community where 80 percent of the population relies on farming for their food, these AIDS-related deaths also are contributing to labor shortages as families without one or both parents struggle to raise crops or animals on their own.

Today, 72 percent of Nkhoma households do not have enough food to last throughout the year. Most local farmers have only an acre to plant, and they lack the knowledge, skills, and resources they need to grow the crops that can provide them enough food for their families. As a result, malnutrition among children is common. Fifty-one percent of Nkhoma children younger than 5 are stunted (small for their age), 21 percent are underweight, and 1.4 percent are wasted (experiencing significant weight loss).

Meanwhile, families caring for orphans are being stretched beyond their meager means. And poor nutrition among the population accelerates the progression of HIV and AIDS among those who are ill, causing parents to die even earlier.

Nutrition is a major issue among Nkhoma's orphans and other children made vulnerable because of HIV or AIDS, but it is not the only challenge. In families where one or both parents have died, or parents are



Nkhoma Area Development Program is 43 miles southeast of Lilongwe, Malawi's capital. The area's 25,000 people live in 150 villages and 3,722 households. Of these, 5,000 children are in critical need of assistance because their parents are ill or have died from causes pointing to AIDS. Here community members pray before a dental clinic.

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chronically ill, children face a myriad of issues that intertwine to create despair. Among these are lack of resources to pay for education, clothing, shelter repair, and health care. Children also are susceptible to loneliness and loss of hope for the future. The burden of transporting water, growing and storing food, cooking meals, and finding help when family members are ill can become overwhelming. And children whose parents have died because of AIDS often are marginalized in their own communities because of the social stigma associated with the disease. This is further fed by the reality that most of Nkhoma's people do not understand the danger presented by HIV, nor how to prevent contracting the disease.

The Response: Caring for the Children



Nurturing Nkhoma's Orphans

Support for Nkhoma's orphans and vulnerable children come from two funding sources: child sponsorship and special projects, including the Nkhoma Orphans and Vulnerable Children project. Child sponsorship funds provide primarily for the children who are supported by generous U.S. sponsors. Funds provided through the Nkhoma Orphans and Vulnerable Children project help support local orphans and vulnerable children who are not sponsored. Together these projects supply the essentials to all Nkhoma orphans and vulnerable children in need.

To effectively address these dire needs, the community, including households with orphans, must be equipped for a stable, more hopeful future. Goals for the Nkhoma Orphans and Vulnerable Children Project were established based on surveys, assessments, and interviews with community members. As a result, 5,000 children in greatest need are being targeted for this project. These children live in 1,000 households that cannot adequately provide for them. The overall goal of the project is to reduce the impact of HIV and AIDS on these beneficiaries by the end of September 2009. This will be accomplished through these outcomes:

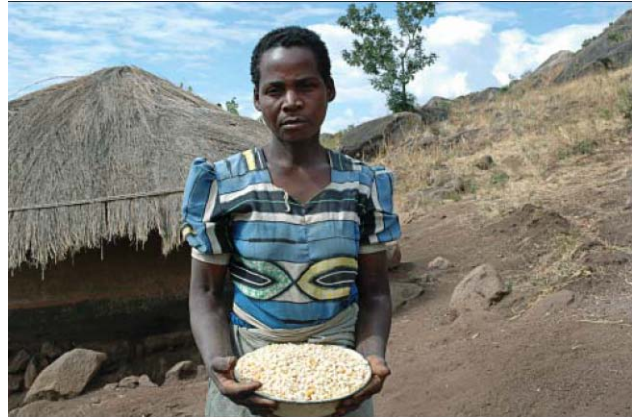
Microenterprise Development Equip caregivers of orphans and vulnerable children, groups of orphans and vulnerable children, and people living with HIV or AIDS with access to credit. This credit will be used to invest in food production and other microenterprise activities that will allow them to be less dependent upon the community's ongoing assistance. These activities will increase the self-esteem and community status of participants, and will help ensure that orphans and vulnerable children as well as people living with HIV or AIDS are trained in skills they can use not just today, but into the future.

Education Teach members of the community how to understand HIV and AIDS and prevent their spread. This age-appropriate, values-based education will emphasize the need for children younger than 18 to develop healthy life skills through risk-reduction choices and behaviors. This HIV prevention program will be taught primarily at local schools by trained teachers and volunteers.

Orphan Care Improve care for orphans by organizing Community Care Coalitions that assist families with orphans and

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This widow adopted a young Nkhoma girl after the girl became an orphan. Despite her best efforts, this mother cannot grow enough food to adequately feed her two children and herself. This project will assist families like this one to access adequate food supplies—and even have some left over to sell.



vulnerable children, and by establishing support groups for people living with HIV or AIDS.

Cultural Practices Reduce traditional practices that contribute to the spread of HIV and AIDS. This will include training of community leaders and education of the Nkhoma population at large.

Project Activities

To reach these outcomes, project activities include:

- Provide maximum care and support services to 75 percent of identified orphans and vulnerable children
- Link orphans and vulnerable children with community-based organizations that provide supplemental food
- Train 100 orphans and vulnerable children in vocational skills
- Establish a community-based loan credit initiative to support the community's microenterprise development
- Identify 20 community-based organizations to implement corn, cassava, bean, and peanut seed multiplication
- Establish a seed multiplication system using revolving loans
- Provide community-based organizations with seeds for multiplication
- Train 20 community-based organizations (which include farmers) in pig and goat farming and breeding
- Provide 500 pigs and 220 goats to the community-based organizations using revolving loans
- Establish two large-scale irrigation systems
- Provide seed and fertilizers using revolving loans

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- Ensure 75 percent of people living with HIV or AIDS have access to nutrition, health care, and psychosocial support.
- Organize monthly therapy sessions for people living with HIV or AIDS
- Establish 10 herbal gardens for use by people living with HIV or AIDS
- Drill a borehole well to provide additional clean water for all Nkhoma residents, including orphans and vulnerable children
- Train 30 HIV and AIDS volunteer counselors and testers
- Construct a school addition to provide improved learning environments for students, including orphans and vulnerable children
- Train 80 percent of Nkhoma's schoolchildren in values-based life skills
- Train 160 teachers to teach these life skills
- Educate 90 percent of community members to reduce behaviors that put themselves at risk of contracting HIV
- Train 100 traditional leaders in the dangers of harmful traditional practices

Integrated activities Two themes are woven into the fabric of this project: Christian commitment and environmental care. The project will work with faith-based organizations to provide care and support to orphans and other vulnerable children. In addition, primary schoolteachers and other volunteers will be trained using Scripture Union's faith-based curriculum.

Environmental issues also are primary because of ongoing deforestation in Nkhoma. To address this, farmers will be trained in agroforestry techniques that do not damage the environment. The establishment of herbal gardens also will help minimize the community's practice of cutting down shrubs that have medicinal value.

Sustainability World Vision designs its work to equip and empower communities so they can continue to grow in healthy ways even after World Vision no longer works in that area. The Orphans and Vulnerable Children Project will be sustainable for these reasons:

- As the capacity to manage their own development grows, community members, orphans and vulnerable children, and people living with HIV or AIDS will assume control of the

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project work. To accomplish this, community leaders and representatives of local groups will be involved in project planning, implementation, and decision making, ensuring that they have “ownership” of the project and its outcomes, and are equipped with the skills to continue this work even after World Vision no longer works in Nkhoma. Among these groups are support groups for people living with HIV or AIDS, farmers associations, Community Care Coalitions, and health and welfare associations. Also represented will be local community and church leaders, local faith-based organizations, and governmental departments and institutions.

- The credit fund will be sustained by an interest rate that will be at market rate to sustain the microfinance institution Opportunity International, which will assume management of this project. The relationship between World Vision in Malawi and Opportunity International will be based on a formal memorandum of understanding. The project will use internationally approved microfinance standards and procedures.
- Orphans and people living with HIV or AIDS will receive the appropriate assistance to improve their lives today and into the future.
- Farmers will be trained in new skills that can be handed down from generation to generation.
- Community members will learn and promote healthier life skills and behaviors that will be modeled to their children.

Collaboration This project work will be accomplished in coordination with the Nkhoma Church of Central African Presbyterian Synod, Scripture Union of Malawi, and the Malawi Ministry of Health and Ministry of Agriculture.

Project Impact

This project is designed to provide critical care for Nkhoma’s orphans and vulnerable children in addition to what child sponsorship funds now provide. While HopeChild sponsorship support helps provide orphans with basics such as health care, education, and supplemental food, this project adds these essential components: equipping orphan caregivers to provide for orphans through microenterprise development; ensuring the community is educated about HIV and AIDS prevention; equipping Community

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Care Coalitions to support orphans; and reducing harmful traditional practices that encourage HIV by educating local leaders.

Working together, child sponsorship and the Nkhoma Orphans and Vulnerable Children project activities will provide a comprehensive response to the needs of Nkhoma orphans, and will broaden coverage to the afflicted population.

How You Can Help



Christian Impact

As World Vision comes alongside tens of millions in need each year, our deepest purpose is that people find their God-given identity and calling. World Vision strives to demonstrate God's unconditional love through every part of our work. As we care for individuals, families, and communities, World Vision works closely with its staff to ensure the deeds we do, the words we share, and the lives we lead point to Jesus. As a result, World Vision's Christian identity is woven into the very fabric of our work around the world.

When you or your congregation partners with World Vision, you participate in a proven, holistic model that combines interlocking interventions designed to empower communities to own and sustain their own development. World Vision's development work addresses the following essentials, which together create the foundation on which to build a healthy, thriving community: water and sanitation, food and agriculture, health and hygiene, education, and economic development. In addition, World Vision strives to support and care for those infected and affected by HIV or AIDS, with an emphasis on meeting the special needs of orphans and other children made vulnerable by the impact of the disease. Interventions focus on HIV prevention and education, building partnerships with churches and other community organizations, care and support for individuals and families, and advocacy.

When these interventions are addressed, communities are equipped to carry on their progress even after World Vision has completed its work in the community. All of World Vision's work is designed to be sustainable, providing the basics and equipping local leaders and community members to continue their own development for decades to come.

The following activities are vital to the ongoing development of Nkhoma, and are in need of funding in the current year. These activities will impact all of Nkhoma's 150 villages. Thank you for considering how you or your congregation can participate in this dynamic process of bringing transformation to the people of Nkhoma.

Opportunity I: Caring for Orphans

This activity will provide Nkhoma's orphans and vulnerable children with food, vocational training for older orphans, and recreational opportunities. The reality that 72 percent of Nkhoma's households do not have enough food points to the community's critical need for food interventions such as training and resources. Because poverty is usually greater among families with sick parents or those caring for orphans, the need for food assistance

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to orphan households is especially significant. In the current year, this activity will:

- Form and train youth clubs and faith-based and community-based organizations to support and care for orphans and vulnerable children
- Provide supplemental food to orphans and vulnerable children through community-based organizations
- Train 100 orphans and vulnerable children in vocational skills that allow them to earn income

Beneficiaries: 100 orphans and vulnerable children will be trained in vocational skills, and hundreds of other orphans and vulnerable children will be served by 10 youth clubs and 10 faith-based and community-based organizations.

Project life: 3 years

Funding needed this year: \$42,900

Opportunity 2: Caring for Those with HIV or AIDS

- With appropriate support, many of those living with HIV or AIDS can live productive lives. This activity will target individuals living with these diseases to ensure they have access to the nutrition, health-care services, and psychosocial support they need. In the current year, this activity will:
- Form and train faith-based and community-based organizations to support and care for those living with HIV or AIDS
- Distribute 10 home-based care kits for volunteers to use in caring for patients
- Establish 10 gardens to provide the herbs essential to support those living with HIV or AIDS
- Organize 36 monthly group therapy meetings for those living with HIV or AIDS

This activity also will fund a study designed to determine Nkhoma residents' attitudes and practices that predispose them to contracting HIV. This study will serve as a baseline to identify future interventions to educate residents on HIV prevention, and to identify where more emphasis is needed in caring for people living with HIV or AIDS.

Beneficiaries: 3,150 people living with HIV or AIDS

Project life: 3 years

Funding needed this year: \$98,400

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Opportunity 3: Providing Quality Seeds

Access to quality crop seeds is essential in areas like Nkhoma, where the vast majority of families rely on subsistence farming for food and to earn income. In the current year, this activity will help ensure orphans and vulnerable children and those living with HIV or AIDS have access to quality seeds through seed multiplication activities. Twenty community-based organizations will be identified to implement the multiplication of corn, cassava, bean, and peanut seeds. Quality seeds will be “loaned” to these organizations, and the loans will be paid back with newly multiplied seeds. With access to improved seeds, orphans and vulnerable children and people living with HIV or AIDS will be able to grow more and better-quality crops.

Beneficiaries: 600 orphans and vulnerable children, and 100 people living with HIV or AIDS

Project life: 3 years

Funding needed this year: \$94,500

Opportunity 4: Installing Irrigation for Farmers

To maximize farming opportunities in Nkhoma, two large-scale irrigation systems will be installed along the Linthipe River in the current year. This river continues to flow even during the dry season, providing an ongoing source of water for local farmers. The systems will be powered by solar or wind energy, allowing staple crops such as corn to be grown along the river. This activity will include identifying potential sites for the irrigation systems, installing engines to operate the systems, and supporting farmers with seeds, fertilizer, and other resources for growing crops.

Beneficiaries: 200 orphans and vulnerable children as well as people living with HIV or AIDS, plus 100 farmers living near each of the two irrigation sites

Project life: 3 years

Funding needed this year: \$60,500

Opportunity 5: Training in Animal Breeding

Livestock can provide vital nutrition to orphans and vulnerable children and to those living with HIV or AIDS. In the current year, this activity will train community-based organizations to breed and raise pigs and dairy goats, which will provide added nutrition to

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malnourished orphans and vulnerable children and to people living with HIV or AIDS. Twenty community-based organizations will be trained in pig farming and breeding, and 20 organizations will be trained in goat breeding. Five hundred pigs and 220 goats (20 male and 200 female) will be provided on revolving loan to the organizations for use by orphans and vulnerable children and those living with HIV or AIDS.

Beneficiaries: Initial beneficiaries will include 40 orphans and people living with HIV or AIDS who will be trained and provided pigs or goats to farm and breed. As the animals give birth, some offspring will be provided to other families in need as part of the revolving loan payback. When this project is complete, the goal is to benefit 3,750 orphans and vulnerable children and people living with HIV or AIDS.

Project life: 3 years

Funding needed this year: \$39,900

Opportunity 6: Preventing HIV and AIDS

Preventing the spread of HIV is critical to slowing down the pandemic in any affected community, including Nkhoma. In the current year, this activity will focus on education and prevention, and on advocating on behalf of those who are orphans or sick as a result of HIV or AIDS, including:

- Facilitating life skills training for 160 local teachers, who will share this HIV prevention information in their classrooms
- Training 30 HIV and AIDS volunteer counselors and testers
- Conducting communitywide campaigns to educate residents on HIV and AIDS and other sexually transmitted diseases, and preventing transmission of HIV from mother to child during birth
- Reducing cultural practices that contribute to the spread of HIV by holding community meetings, training traditional leaders, and commemorating World AIDS Day and Day of the African Child

Beneficiaries: 18,750 community members, who represent 75 percent of the local population

Project life: 3 years

Funding needed this year: \$41,250

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Opportunity 7: Constructing a Classroom and Well

Clean, uncrowded school facilities are essential to creating a classroom environment where children can effectively learn. In the current year, this activity includes adding a school block with two classrooms to Mnere school, which currently has an enrollment of 610 students, including orphans and vulnerable children. A borehole well also will be drilled at the school, providing clean water for students and residents who live nearby.

Beneficiaries: A total of 1,690 people will benefit, including 80 students who will occupy the new addition and all 610 students who will benefit from reduced class sizes. In addition to providing clean water to students, the well also will serve approximately 1,000 community members.

Project life: 1 year

Funding needed this year: \$53,600

Opportunity 8: Providing Food Production Loans

For desperately poor families, meeting daily needs for survival makes it impossible to repay even the smallest loans. But when families' primary needs are met—as is occurring through community development in Nkhoma—microenterprise tools can help even the poorest entrepreneurs build businesses. Because most of Nkhoma's farmers do not qualify for traditional loans, many are hampered by their ability to purchase the basics they need to produce sufficient food. Without loans, farmers cannot buy the fertilizer or tools essential to reaping abundant harvests. As a result, 72 percent of Nkhoma households run dangerously low on food within six months prior to harvest. With access to small loans, farmers will be able to purchase these critical farming resources to grow enough food to feed their families, and to start and expand small food-related businesses as well. Currently only 2.6 percent of Nkhoma residents have access to microloans. This activity will make small-scale farm input loans available to local farmers on a revolving basis—with minimal or no administration costs. The loan fund will sustain itself indefinitely as interest charges cover operating costs.

Beneficiaries: 2,500 community members

Project life: 3 years

Funding needed this year: \$176,500

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Thank You

World Vision deeply values your partnership as together we care for Nkhoma's orphans and vulnerable children, and those living with HIV or AIDS. Thank you for considering how you can bless Nkhoma's most vulnerable people and families by sharing your blessings with them, and providing new hope for a better future in Nkhoma.