

2024 ANNUAL REPORT

HELP REACH AFRICA



NYARI GOOD NEWS
Off Red Hill Road

info@helpreachafrica.com
www.helpreachafrica.com

CONTENTS

01

EXECUTIVE
SUMMARY

02

Q1
HIGHLIGHTS

03

Q2
HIGHLIGHTS

04

Q3
HIGHLIGHTS

05

Q4
HIGHLIGHTS

06

CONCLUSION

EXECUTIVE SUMMARY

Introduction

Help REACH Africa (HERA) is delighted to share its 2024 Annual Report, showcasing a year of meaningful initiatives, strategic collaborations, and tangible progress in our mission to save and transform lives. In the face of global economic challenges, we stayed unwavering in our dedication to supporting communities and fostering sustainable change.

Key Achievements

In 2024, we expanded our reach and deepened our impact through various initiatives:

- **Program Growth:** Successfully implemented two research studies and one project across seven counties in Kenya, positively impacting general and key populations in areas such as healthcare services, health education and livelihoods.
- **Advocacy and Policy Influence:** Played a key role in NCD awareness through an Evidence-Based Quality Intervention meeting, advancing relevant social and health objectives.
- **Resource Mobilization:** Secured funding from the Elton John AIDS Foundation (EJAF), National Institutes of Health (NIH), Canadian Institutes of Health Research (CIHR) and International Development Research Centre, demonstrating growing trust and confidence in our mission.
- **Partnerships:** Fostered partnerships with new organizations such as the Busara Center for Behavioral Economics and Health Options for Young Men on HIV/AIDS/STI (HOYMAS).



Impact Stories

Real change is reflected in individual stories. This year, HERA trained healthcare providers on HIVST, PrEP, commodity management and values clarifications and attitude transformation (VCAT) under the Huduma Mtaani project. Healthcare providers have been sharing success stories of how the training positively impacted their provision of health services to general and key populations. These stories remind us of the human faces behind our work.

Financial Overview

Transparency and accountability remain our foundational principles. In 2024, we directed 75% of our funds toward programs, maximizing their impact. Our audited financial statements reflect our commitment to responsible resource management.

Challenges and Lessons Learnt

Although 2024 brought significant achievements for our organization, we also encountered challenges, such as limited funding in some areas. These experiences have shaped our strategies, enabling us to adapt and innovate for greater resilience.

Looking Ahead

As we move into 2025, Help REACH Africa is committed to scaling our impact by expanding programs in various counties in Kenya and fostering partnerships with relevant stakeholders. Together, with our stakeholders, we aim to build a more inclusive and sustainable future for all.

Acknowledgements

We extend our sincere gratitude to our donors, partners, volunteers, and staff whose support has been instrumental in making this year's achievements possible. Your unwavering dedication motivates us to keep making a meaningful impact.

Dr Mildred A. Mudany, PhD

Executive Director

Help REACH Africa.

Thank you.

About Us

Help REACH Africa (HERA) was founded in 2009 to address Maternal, New-born and Child Health (MNCH), Adolescent and Youth Sexual and Reproductive Health (AYSRH), infectious diseases (TB, Malaria, HIV/AIDS), non-communicable diseases, orphans and vulnerable children (OVC), issues affecting key populations and health systems strengthening (HSS). In addition, HERA operates in the realm of advocacy and research. The acronym REACH stands for Rights, Empowerment, Advancement, Care, and Health.



Q 1

HIGHLIGHTS

GOALS

- Share the findings of AIM 1 data collection for the NCD study with key stakeholders through an Evidence-Based Quality Intervention (EBQI) meeting.
- Identify implementation strategies for NCD screening and management through an EBQI meeting.
- Introduce the Huduma Mtaani project to Nairobi and Kajiado Counties and get their approval for the project's implementation in the county.
- Prepare for a PrEP study that is focused on implementation strategies to deliver PrEP in Kenya.
- Introduce the PrEP study to Nairobi, Kisumu, Siaya, Mombasa, Machakos and Kiambu counties.

HUDUMA MTAANI

Huduma Mtaani is a project that seeks to address the problems being faced by key populations while accessing health services in Kenya. The project aims to provide a safe avenue for key populations to access health services at the health facilities. This project is being implemented in Nairobi and Kajiado County in partnership with HOYMAS and is being funded by the Elton John AIDS Foundation (EJAF).

“Creating a world where all people are empowered to live their dreams”

HELP REACH AFRICA

Key Highlights:

- Signed an Elton John AIDS Foundation (EJAF) award agreement for the Huduma Mtaani project.
- Submitted due diligence documents to EJAF as the prime awardee.
- Sub-granted Health Options for Young Men on HIV/AIDS/STIs (HOYMAS) on the Huduma Mtaani project.
- Held inception meetings in Kajiado and Nairobi counties respectively.



NCD STUDY

Since 2023 HERA has been implementing the NCD study funded by Yale University School of Nursing. This study seeks to determine the barriers and facilitators to screening for NCD in the informal settlements of Mathare and Kariobangi. The study findings will lead to the development and implementation of a multi-level non-communicable diseases program in Kenya.

Key Highlights:

- Prepared materials for an Evidence-Based Quality Intervention (EBQI) meeting
- Recruited key informants (medical officers of health, nurses, physicians, community health promoters, clinical officers, nutritionists, community-based organization representatives, community health assistants and patients with hypertension and type 2 diabetes.
- Prepared for the principal investigator's visit to Kenya.
- Conducted three EBQI meetings where findings of the AIM 1 of the NCD study were shared with key stakeholders.
- Identified implementation strategies for NCD management through a collaborative process known as Evidence-Based Quality Intervention (EBQI).
- The principal investigator Professor Soohyun Nam attended the last two EBQI meetings and had an opportunity to meet the facility staff for Kariobangi and Huruma Lions.



- Donated foodstuffs to a Faith-Based Children's home in Mathare



R - 2 1 N I H S T U D Y

HERA has been implementing the R-21 NIH (PrEP) study since January 2024.

The objective of this study is to determine how implementation strategies and site-level contextual factors affect the uptake and continued use of PrEP in 12 counties with moderate to high HIV burden in Kenya.

The study is being implemented in partnership with the University of South Florida and Q-Initiative and is being funded by the National Institutes of Health (NIH).

“To improve is to change; to be perfect is to change” – Winston Churchill

Key Highlights:

- Obtained IRB approval and NACOSTI license for the study.
- Obtained approval letters from counties of implementation.
- Sent introductory letters to counties.
- Held inception meetings with the counties of implementation both virtually and physically.
- Reviewed study tools.
- Sampled study facilities (n=30)

Q 2

HIGHLIGHTS

GOALS

- Plan for training of healthcare providers in Nairobi and Kajiado Counties.
- Train healthcare providers in HIVST, PrEP and commodity management through the Huduma Mtaani project.
- Conduct Phase I data collection for the PrEP study.
- Plan for a pilot intervention for the NCD study.

Huduma Mtaani Highlights

HERA Trained 17 trainers of trainers (TOT) from Kajiado County in HIV/ST, PrEP and commodity management. The training covered stigma and discrimination reduction, PrEP administration, HIV/ST, documentation, reporting, and commodity management.

Held a planning meeting with Nairobi County and Sub-County CASCOs to train healthcare providers in HIVST, PrEP and Commodity management.

Identified trainers/facilitators for the three-day training of healthcare providers from Nairobi County. Sampled facilities for the training of healthcare providers in Nairobi County.





SAVE AND TRANSFORM LIVES

NCD Study Highlights

- Planned for pilot intervention (NCD workshop) and developed training materials with guidance from the PI.
- The training materials included didactic slides on hypertension and type 2 diabetes, clinical skills, and communication and leadership skills slides
- Thorough reviews and revisions of the training materials were done to ensure the delivery of a quality NCD workshop.
- Identified trainers/facilitators for the NCD workshop.
- Developed agenda for the pilot intervention (NCD workshop)

R-21 NIH Study Highlights

Implemented the study in Kisumu, Machakos and Kiambu. Conducted phase I data collection in the three counties. Data collection in the following health centres- Lolwe HC, Lwala Kadawa HC, Tumaini DiCE (Sondu), Tumaini DiCE (Tumaini), Ting'ang'a Catholic Dispensary, Gachororo, Limuru, Machakos DiCE, Mlolongo, CHS Mlolongo DiCE and Kithimani.

Held an introductory meeting with health stakeholders in Mombasa County.



Q 3

HIGHLIGHTS

GOALS

- Train healthcare providers from Nairobi County in HIVST, PrEP and commodity management
- Introduce healthcare providers to Accelerated Resolution Therapy (ART).
- Conduct R-21 phase I data collection in Siaya and Mombasa counties.
- Conduct a three-day NCD workshop.

Huduma Mtaani Highlights

In a notable collaboration with Yale University, 45 healthcare providers were introduced to Accelerated Resolution Therapy (ART), a unique approach for managing PTSD in mental healthcare. Training of healthcare providers was a major component of the project, with 15 trainers equipped to deliver key population-friendly services including pharmacists trained on PrEP supply chain reporting



NCD Study Highlights

Held a three-day NCD workshop- conducted training of community health assistants and community health promoters on NCDs; 21 community health assistants and 11 community health promoters were trained on NCD screening and management, communication, clinical and leadership skills.





R-21 Study Highlights

Held an introductory meeting with Siaya County health coordinators and facility staff in preparation for data collection.

Implemented the study in Siaya and Mombasa Counties. Data collection was done in the following health facilities; Kisauni Drop in VCT, Bokole CDF Dispensary, CDC Ganjoni dispensary, Mikindani Medical Clinic, Mageta HC, Tumaini DiCE (Asembo), Tumaini DISC dispensary (Alego Usonga) and Ting'wang'I HC

Q4

HIGHLIGHTS

GOALS

- Conduct supportive supervision in 9 health facilities in Nairobi County
- Support Continuing Medical Education (CMEs) in some of the health facilities
- Prepare a final report for the NCD study
- Review the phase I data collection tool
- Prepare for Prof. Carmen's visit to HERA offices.

NCD Study Highlights

The NCD study concluded at the end of the fourth quarter. The study successfully achieved its objectives of identifying barriers and facilitators to hypertension and Type 2 Diabetes (T2D) screening and management with key stakeholders (individuals with hypertension or T2D, Community health workers [CHWs], clinical officers, nurses, physicians, and staff members of social service organizations) Over the course of the study, critical milestones were met, including developing implementation strategies for NCD screening and management and the training of community health assistants and community health promoters in a three-day NCD workshop.

In conclusion, this research study contributed valuable insights into the screening and management of hypertension and T2D, supporting evidence-based decision-making and fostering progress toward the management of NCDS. Future studies should build upon the study findings to deepen understanding and address remaining knowledge gaps.

Huduma Mtaani Highlights

Eight Nairobi health facilities were evaluated for key population health services. The assessment focused on client-centered care, staff competency, facility readiness, service delivery standards, HIV testing services (HTS), PrEP delivery, and care retention.

Additionally, the project facilitated Continuing Medical Education (CME) sessions at two health facilities. These sessions, which focused on HIVST and PrEP and were attended by 110 healthcare providers and support staff, were led by healthcare providers who had received training through the Huduma Mtaani project.





R-21 Study Highlights

After completing the Phase I data collection in Quarter 3, the research team reviewed the Phase II data collection tool based on the preliminary analysis of the Phase I results.

Afya na Mazingira Highlights

Afya na Mazingira (Extreme Weather Events) is a study that examines pathways from extreme weather events to HIV prevention outcomes among vulnerable men in climate-affected regions in Kenya. This research study was awarded by the Canadian Institutes of Health Research (CIHR) and is being done in collaboration with the University of Toronto and Health Options for Young Men on HIV/AIDS/STIs (HOYMAS). The Principal Investigator Prof Carmen Logie visited the HERA offices in October 2024. Professor Carmen



Prof. Carmen also visited HOYMAS offices in the company of HERA Executive Director, Dr Mildred Mudany.



Champions Day

The HERA team led by the Executive Director attended the Champions Day annual event organized by our partner HOYMAS.



2024 Staff Retreat

Help REACH Africa held a staff retreat in Naivasha to collectively reflect on working processes, achievements, and areas of improvement and to plan for the implementation of ongoing and new projects in the new year. The retreat also offered the opportunity to review the ongoing projects and develop strategies for resource mobilization. The retreat aimed at providing HERA staff with an opportunity to step away from daily operations, focus on strategic planning, streamline work processes, rejuvenate, and strengthen team bonds essential for achieving organizational goals.





Conclusion

As we reflect on the achievements and challenges of the past year, we are proud of the strides made toward our mission and goals. With the dedication of our team, the trust of our stakeholders and donors, and the resilience of our organization, we have successfully navigated a shifting landscape while staying focused on delivering value. This year has been a testament to our ability to adapt, innovate, and grow. From implementing new studies and projects to strengthening core operations, we have laid the groundwork for continued success. While challenges remain, we are confident in our strategic direction and energized by the opportunities that lie ahead.

We sincerely thank our employees, partners, and donors for their steadfast support and invaluable contributions. Together, we look forward to building on this year's momentum and driving meaningful impact in the year to come.

Driven by optimism and determination, we remain firmly committed to achieving sustainable growth and delivering lasting value for all our stakeholders.