

DAGAMA NUTRITION CENTRES

ANNUAL REPORT – 2016

AIM: To restore life of Christ for our malnourished children in our community

MISSION STATEMENT:

To participate in the fight against poverty levels and up-lift children's health, providing addition rehabilitation and giving love to our malnourished children.

1. INTRODUCTION:

The Dagama nutrition centres were started under the initiative of the Franciscan Missionary Sisters of Assisi with the view of helping the malnourished / vulnerable children. This programme is funded by the good people of San Marino (Carita Senza Confini) who work diligently in conjunction with the Franciscan Missionary Sisters of Assisi. We highly appreciate our beloved friends of San Marino for working tirelessly day and night so that our malnourished children can have a well balanced meal a day.

2. TARGET POPULATION:

The Dagama nutrition centres aim to assist the malnourished children with food and medical supplies. The programme has six nutrition centres namely: Dagama, Kawama, Fisenge, St. Maxillian, Buntungwa and Walale.

3. POPULATION SERVED :

The total number of children served by the programme in 2016 is approximately 641 and below is the table showing the figures in all the centres.

<u>Name of Centre</u>	<u>Total No. Of children</u>
Dagama	26
Kawama	68

Fisenge	90
St. Max	85
Buntungwa	126
Walale	246
TOTAL	641

A) FISENGE NUTRITION CENTRE

This centre has a total number of 90 malnourished children. We supply to these children the entire medical needs. Children who are under five with very poor health are weighed on a regular basis to monitor their growth.

Challenges:

- Due to heavy rains experienced in this area this season, the dining hall roof is leaking in several places and needs some rehabilitation.
- There is need to construct a new toilet because the old one is full to capacity.
- There is need to put up a small stair case and a ramp so that it is easier for the little children to enter in the hall.
- Painting of the Nutrition hall.



Children are taught how to pray before having a meal

Achievements:

- Malnourished children who are under five are weighed on a regular basis and they show great improvement.

Many children are mostly under the care of grandparents who have no means of supporting them. Very often the food they eat from the nutrition centre makes a difference between starvation and survival.

FISENGE NUTRITION CENTRE MENU – 2016

DAY	DISH	ACTIVITY
MONDAY	BEANS	CLEANING SURROUNDING
TUESDAY	SOYA PIECES WITH EGGS	DOMESTIC
WEDNESDAY	MEAT / CHICKEN / DRIED KAPENTA / FRESH FISH	CHILD CARE / UNDERFIVE / WOMEN EMPOWERMENT
THURSDAY	VEGETABLES WITH GROUDNUTS	CLEANING SURROUNDING
FRIDAY	BEANS	GARDENING

B) DAGAMA NUTRITION CENTRE

This centre is on site at Dagama Home. It is the only centre with very few (26) Children. Children with conditions like Cerebral Palsy, Hydrocephalus and limb deformities are mainly presented. They are also provided with special physiotherapy sessions by the physiotherapist on Tuesdays and Thursdays. Some children are referred to Beit Trust Cure International Hospital for further medical treatment and some are provided with corrective devices and positioning aids.



DAGAMA NUTRITION CENTRE MENU – 2016

DAY	DISH	ACTIVITY
MONDAY	MEAT /CHICKEN / SAUSAGE/ FISH	CLEANING SURROUNDING
TUESDAY	VEGETABLES GROUNDNUTS	DOMESTIC
WEDNESDAY	BEANS	GARDENING
THURSDAY	SOYA PIECES & EGGS	CLEANING SURROUNDING
FRIDAY	BEANS	CHILD CARE / UNDER FIVE / WOMEN EMPOWERMNET

C) KAWAMA NUTRITION CENTRE

This centre caters for 68 children of which 44 are malnourished. These children are provided with a balanced meal once a day and they are also supplied with medical necessities. Many malnourished children are referrals from nearby clinics and hospital. Looking at the number of children benefiting from the centre, many families are grateful for the continued support because most of them are leaving in abject poverty and cannot afford a meal a day.

Many Parents/Guardians are taught skills that can help them to sustain their families.

Below is the menu:

KAWAMA NUTRITION CENTRE MENU – 2016

DAY	DISH	ACTIVITY
MONDAY	BEANS	CLEANING SURROUNDING
TUESDAY	VEGETABLES GROUNDNUTS	CHILD CARE / UNDER FIVE / WOMEN EMPOWERMENT
WEDNESDAY	SOYA PIECES WITH EGGS	GARDENING
THURSDAY	BEANS	CLEANING SURROUNDING
FRIDAY	MEAT / CHICKEN/DRIED KAPENTA/ FRESH FISH	DOMESTIC

Challenges

- There is need to put a wire fence so that there is improved security measures.



- The hall needs to be painted and changing of some roof sheets.
- There is need to change motice locks and put up a grill gate for security.



- There is need to construct a new 1x2 toilet block.



- There is need to put up a small stair case and a ramp so that it is easily for the little children to enter in the hall.

- There is need to re-construct the kitchen because of poor ventilation. When women are cooking, they always have to go out when the smoke is too much because they cannot breathe properly.



D) ST. MAXIMILLIAN NUTRITION CENTRE

This centre has a total number of 85 children. We supply to these children the entire medical needs. Children who are under five with very poor health are weighed on a regular basis to monitor their growth.



Challenges:

- There is need to construct a new 1x2 toilet block for the children because the toilet they use is not hygienically safe.
- Cooking is very difficult for this centre especially during rainy season because there is no proper shelter or kitchen to use thus it is of paramount important to construct a small kitchen.



ST. MAXIMILLIAN NUTRITION CENTRE MENU – 2016

DAY	DISH	ACTIVITY
MONDAY	BEANS	CLEANING SURROUNDING
TUESDAY	MEAT / CHICKEN/ DRIED KAPENTA / FRESH KAPENTA	CHILD CARE / UNDER FIVE / WOMEN EMPOWERMENT
WEDNESDAY	VEGETABLES WITH GROUNDNUTS	GARDENING
THURSDAY	SOYA PIECES WITH EGGS	CLEANING SURROUNDING
FRIDAY	BEANS	DOMESTIC



E) BUNTUNGWA NUTRITION CENTRE

This centre is located in a poor area. It has a total number of 126 starving children who are fed a balanced meal per day and they are also given medical supplies.

Challenges:





- There is need to construct a new 1 x 2 toilet block.
- There is need to re-build broken down wall fence so that the security levels are high.
- The kitchen needs to be painted and repair leaking roof because the roof can be blown off anytime.

BUNTINGWA NUTRITION CENTRE MENU – 2016

DAY	DISH	ACTIVITY
MONDAY	MEAT /CHICKEN / DRIED KAPENTA / FRESH KAPENTA	CLEANING SURROUNDING
TUESDAY	BEANS	DOMESTIC
WEDNESDAY	SOYA PIECES WITH EGGS	GARDENING
THURSDAY	VEGETABLES WITH GROUNDNUTS	CLEANING SURROUNDING
FRIDAY	BEANS	CHILD CARE / UNDER FIVE / WOMEN EMPOWERMNET

F) WALALE NUTRITION CENTRE

Walale nutrition centre is the oldest nutrition centre serving 246 malnourished children. In order to combat malnutrition, it is our responsibility to ensure that these children whose parents cannot afford to give nutritious meals are given a balanced meal each day. Parents / Guardians are taught skills that can help them to sustain their families. Most of these children at Walale Nutrition centre stay with their old grandparents who cannot afford to care or meet their daily requirements.



The nutrition centres provides all the medical supplies and essential nutritional foods needed for these children.

Our children often come to our centres malnourished and sometimes sick. We teach parents and guardians on the importance of giving their children sufficient food so that we can combat malnutrition together.

Challenges

- Leaking roof
- Uneven floor surface
- Store room table
- Painting of the store room / renovations

WALALE NUTRITION CENTRE MENU – 2016

DAY	DISH	ACTIVITY
MONDAY	VEGETABLES WITH GROUNDNUTS	CLEANING SURROUNDING
TUESDAY	SOYA PIECES WITH EGGS	DOMESTIC
WEDNESDAY	BEANS	GARDENING
THURSDAY	MEAT / CHICKEN / DRIED KAPENTA / FRESH KAPENTA	CLEANING SURROUNDING
FRIDAY	BEANS	CHILD CARE / UNDER FIVE / WOMEN EMPOWERMNET

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We see most of the children gain strength while in our care, for example, this poor girl, Charity Chilimuna lives with her old grandmother in Walale. Born in a family of three, she is the second. The mother does not care for her children thus the grandmother who is almost blind takes care of the children.

Charity (see photo above) had malnutrition and it took us weeks of wholesome balanced meals for her to start recovering. This story is by no means unique but is typical of many children found in our centres.



CONCLUSION

We wish to sincerely express our profound gratitude to our friends from San Marino (Carita Senza Confini) for your considerable financial help you render to our organisation for the relief of suffering of many impoverished and malnourished children in our communities,

We also wish to thank the following organisations who have joined hands in implementing the necessary programs in order to realise the desired goals. They are

- Liberato Zambia Onlus 2001 (YolaYoli project),
- Institute of the FMSA,
- Provincial Office and the community of Our Lady of Fatima convent – Dagama.

We very much value your continued help with God's Blessings.

THANK YOU