

ROTARACT VCT

Named the Best VCT in Kenya – 2006

VOLUNTARY COUNSELING AND TESTING CENTER FOR HIV/AIDS

A JOINT PROJECT OF THE ROTARACT CLUBS OF NAIROBI, KENYA

**REPORT PREPARED FOR THE ROTARY FAMILY IN NAIROBI AND
OTHER PARTNERS**

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1. EXECUTIVE SUMMARY

The Rotaract VCT

The Rotaract Voluntary Counselling & Testing (VCT) Centre is a Joint project of the Rotaract Clubs of Nairobi in Collaboration with Rotaract & Rotary Clubs in Germany, RIFPD & Rotary Club of Nairobi.

2002-2003 RI President Bhichai Rattakul commissioned the premises during the RI International Africa Presidential Conference of Peace and Development on 20th February 2003. Its main objective is to sensitise people, especially the youth, about HIV and AIDS and also to conduct HIV/ AIDS Testing and Counselling Services.

The Rotaract VCT also acts as a Center for coordinating Rotaract activities in Nairobi and at least four Rotaract Clubs rely on the Centre for their regular meetings.

Where is it situated?

The Rotaract VCT is situated at the heart of Nairobi City, along Kenyatta Avenue on the 5th Floor of Phoenix House. The present location is strategically placed for the targeted clients and also easily accessible to Rotaract members for the purpose of holding their regular meetings. The VCT Centre comprises of 2 Counselling Rooms, A reception Area, One office and a conference room for approximately 30 to 40 people.

The Management Team.

The Rotaract VCT is a joint project of the Rotaract Clubs of Nairobi. The management Committee comprises of immediate Past Presidents of the Nairobi Rotaract Clubs along with Subcommittees drawn from the membership of the various Clubs.

Rotary Club of Nairobi acts as one our trustees and all funds from our partners are channelled through them.

The Challenge facing the Rotaract VCT

Our main Partners from Germany have been meeting the cost Rent and Salaries while the Rotaract Clubs in Nairobi together with other local partners have been meeting other administrative costs for the last 3 years. However the funding from the German Partners will end in December 2006 after having met their 3-year target.

Our Challenge is to keep the Project Running in order to continue offering the vital services to the general population and also to protect at least 4 Rotaract Clubs that fully depend on the Centre for their meetings.

How you can help?

1. Help in obtaining emergency funds to keep the Project Running.
2. Help in getting new partners to keep the Project Running
3. Help in getting cheaper premises within the City where the Rotaract Clubs can easily maintain on their own.

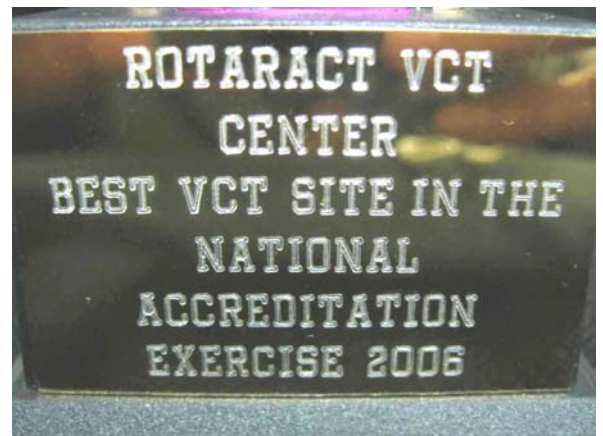
SPECIAL ACHIEVEMENT

On 30th November 2006, The Rotaract VCT was officially named as the **BEST VCT IN KENYA FOR 2006** after an annual countrywide survey conducted by the Ministry of Health via NASCOP - **National AIDS and STI Control Programme** - Out of 559 VCT's in Kenya.

The Rotaract Family in Nairobi is very proud of this achievement. The VCT staff led by PDRR - Past District Rotaract Representative Leonard Nyamai deserves special commendation for the achievement.



Leonard Nyamai, The Rotaract VCT Counsellor receiving the award from Mr G M Baltazar – The Programme Manager M&E of NASCOP at Green Hills Hotel, Nyeri



The inscription on the Award:
Rotaract VCT Center
Best VCT Site in the National Accreditation
exercise 2006

2. HIV / AIDS – THE CHALLENGE

That sub-Saharan Africa is the most afflicted HIV/AIDS region in the world cannot be gainsaid. In Kenya, for instance, it is estimated that an AIDS death occurs every five minutes. Similar statistics will be found in other sub-Saharan Africa countries. Consequently, the scourge brought upon our region by the HIV/AIDS pandemic has continued to decimate families and, in the process, obliterate the economically active and demographically dominant segment of the population.

As part of its initiative to stem the devastation occasioned by HIV/AIDS in Kenya, the Rotaract Clubs in Nairobi launched an initiative to start a voluntary counselling and testing (VCT) Centre. The objectives of the Centre are:

- To increase awareness on the need and importance to youth of counselling on issues relating to HIV/AIDS with an ultimate aim of stemming the rising tide of the scourge among the young people;
- The project also aims to equip Rotaractors with knowledge, skills and attitudes that will enable them to counsel PLWA's (Persons living with HIV/AIDS), the relations, friends and other members of the community;
- To facilitate discussions with peers and start a positive circle through a change in sexual behaviour.
- To undertake HIV/AIDS blood screening for volunteering clients drawn from the public and irrespective of their sex, religion and status;
- To undertake counselling services on matters of HIV/AIDS, sex and other reproductive health issues;
- To serve as a distribution Centre for safe-sex instruments such as condoms;

Rotary International President, Bhichai Rattakul, officially opened the Rotaract VCT Centre on 20th February 2003. It was not until April 2003, however, that services at the Centre commenced to members of the public.

The Centre is appropriately situated in downtown Nairobi, the capital city of Kenya, on rented premises at Phoenix House along Kenyatta Avenue.

The infrastructural establishment of the VCT Centre was through the kind financial support of Rotary affiliates in Germany, France, Italy, The Rotary Club of Nairobi and the Rotary Initiative for Population and Development (RIFPD).

Representatives of the German partners have on two occasions visited the Rotaract VCT Centre including the official opening of the Centre. We cherish this partnership and call upon more well-wishers to support us in this worthy cause.

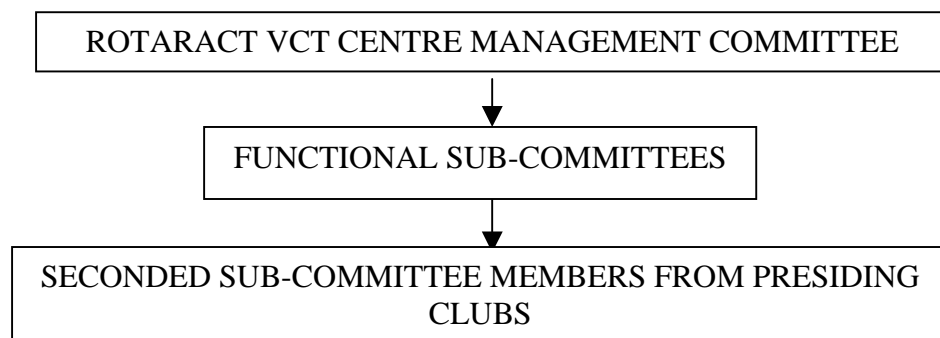
3. ROTARACT VCT MANAGEMENT

Rotaract is a service organization that brings the young professionals between the ages of 18-30 into community participation. Rotaract is a sponsored program under the guidance of Rotary International. Through the Rotaract program, young adults not only augment their knowledge and skills, but they also address the physical and social needs of their communities while promoting international understanding and peace through a framework of friendship and service.

Ten Rotaract Clubs in Nairobi jointly run the Rotaract VCT Centre. These include, the Rotaract Clubs of Milimani, Westlands, University of Nairobi, United States International University -Africa, Nairobi Central, Muthaiga, Nairobi East and Kenyatta University, Langata and SOS.

The Rotaract VCT Centre Management committee is made up of the Past Presidents of the eight Rotaract clubs who elect a committee chair from among them. Also elected are bearers of the offices of Secretary and Treasurer. Unless under exceptional circumstances, all office bearers are expected to hold their positions for a period of one year

The committee operates under the counsel of members of local Rotary clubs. The management structure of the Centre is as follows:



The functional (sub-committee) areas of the Centre and their respective clubs are divided as follows:

SUB-COMMITTEE	PRESIDING CLUBS
ADMINISTRATION	<ul style="list-style-type: none"> ▪ Rotaract Club of Muthaiga; ▪ Rotaract Club of United States International University-Africa.
PUBLIC RELATIONS	<ul style="list-style-type: none"> ▪ Rotaract Club of Nairobi East; ▪ Rotaract Club of Westlands; ▪ Rotaract Club of University of Nairobi. ▪ Rotaract Club of SOS
FUNDRAISING	<ul style="list-style-type: none"> ▪ Rotaract Club of Nairobi Central; ▪ Rotaract Club of Milimani. ▪ Rotaract club of KU ▪ Rotaract Club of Langata

The affairs of each functional role are under two or more clubs. Two members from each club presiding over a sub-committee are seconded to sit in that sub-committee.

Administration sub-committee:

The sub-committee is in charge of operations and administrative matters including maintenance, staffing, utilities and inventory.

Publicity sub-committee:

The sub-committee is in charge of planning, organising and executing publicity and marketing strategies for the VCT Centre.

Fundraising sub-committee:

The sub-committee is served with the responsibility of planning, organising and executing fundraising events and strategies. It is also charged with the responsibility of fostering and maintaining ties with the Centre’s donors.

ROTARY CLUB OF NAIROBI

The Rotary Club of Nairobi, the Largest and one of the oldest Rotary Clubs in our District was incorporated as a Trustee to the Rotaract VCT Centre. The Primary role of the Rotary Club is to receive and disburse funds from our Partners on behalf of the Rotaract Clubs of Nairobi. This was necessitated due to the frequent turnover experienced in Rotaract Clubs mainly due to members attaining the maximum allowable age of 30, hence the need to have a Rotary Club be a custodian of the Rotaract VCT’s funds.

4. ROTARACT VCT IMPACT AND STATISTICS

- A recent Government survey, by the Ministry of Health, ranked the Rotaract VCT as the best VCT in Kenya and was also commended for being a Youth friendly VCT.
- Serviced over **4524** clients (as at end of 2005) since starting testing services. Majority of the clients are between the ages of 18 and 35 years.
- Mobile VCT services provided in collaboration with University of Nairobi Medical students in rural locations of Coast, Msambweni, Kitui, Embu, Korogocho slums, Mukuru Kayaba slums, Nyeri township and Talks given at various churches, Tertiary College and students from Riara Group of Schools peer education team;
- Anti AIDS campaigns and sensitization at the Ministry of Agriculture.
- Anti-AIDS campaign and mobile VCT services provided at the United States International University -Africa, Daystar University, and University of Nairobi
- Final draft of the Peer Educators/Motivators proposal done and presented to Family Health International for funding. No positive feedback as yet.
- Trained four VCT Counsellors to date.
- Undertaken various fundraisers (Bowling challenge, Run for Life, Quiz challenges, joint Rotaract fellowships etc)
- Received Ksh. 200,000 from the Rotary club of Nairobi in May 2004;
- Media Publicity through the Rotary Club of Nairobi Rotarians in 2003;
- Presentation on HIV/AIDS and VCT at Rotary Nairobi East Fellowship early 2004;
- Posters were designed and were placed in approximately 12 locations;
- Fliers were designed and over 15,000 have been distributed;

5. FINANCIAL REPORT SUMMARY

ROTARACT VCT CENTER'S MONTHLY EXPENDITURE AT A GLANCE

ITEM	AMOUNT (Ksh.)	AMOUNT (In euros)	AMOUNT (In USD)
Rent	50,000.00	538	667
Counsellors Remuneration*	50,000.00	538	667
Receptionist remuneration	5,000.00	54	67
Electricity Bills	2,000.00	22	27
Telephone (estimated)	1,000.00	11	13
Publicity	1,000.00	11	13
Internet Connection	1,500.00	16	20
Others	5,000.00	54	67
PLWA* support group	2,000.00	22	27
Total	117,500.00	1266	1568

* 1 USD = KSh 75, 1 Euro = Ksh 93

* PLWA People Living with Aids

*The VCT functions with 2 fulltime counsellors who are each paid Ksh. 25,000 per month provide the Centre's services. However the VCT can still operate with 1 Counsellor and reduce the total monthly expenditure to Ksh 92,500.

* The salaries of the Counsellors and the receptionist have not been reviewed since the Project begun 3 years ago. The Management Committee has approved to raise the Counsellors fees to Ksh 35,000 and the receptionist to Ksh 10,000. This will raise the expenditure to Ksh 107,500 with 1 counsellor and Ksh 142,500 with two counsellors. However this proposal would only be effected partially or in full once sufficient funding is obtained to sustain the Project.

Rotaract VCT Centre's Monthly Income Statement at a Glance:

ITEM	AMOUNT (Ksh.)	AMOUNT (In euros)	AMOUNT (In USD)
Conference Room Hire Fees	5,000.00	54	67
Clients fees**	10,000.00	108	133
TOTAL	15,000.00	162	200

* At least twice in a year, The Rotaract Clubs in Nairobi join hands to fundraise for the VCT. The last activity was a Bowling Tournament held in April 2006 and realized Approximately Ksh 100,000.

The Centre to date has seen a client turnover of an average of 120 clients per month. The committee is devising strategies to double this figure and explore other ways of increasing the income from the VCT.

* Audited accounts by a reputable firm - PKF Consulting, are available on request to any potential partner.

6. ROTARACT VCT CHALLENGES

1. Inadequate financial resources.

- The VCT Centre's clients are charged a nominal fee of Kenya Shillings (Kshs.) 100 (appr. USD 1.30). While this is not enough to sustain the operations of the centre, the clients' fees are used to help offset utility bills such as those of water and electricity. The bulk of the centre's expenses, however, have been rent and remuneration of two full-time Counsellors.
- Using the current average clientele of 7 clients per day (only one counsellor currently), that would only collect Ks. 700 and the daily running cost are pegged at approximately Ksh. 4000. The short fall is Ksh. 3300 and far below the daily expense.
- Using the facts above, it VCT Services cost approximately USD 7 per client whereas they are only charged App 1USD. VCT Services across the country are provided at a nominal or no fee at all due to the following reasons:
 - - I. The Prevalence of HIV in Kenya, total (% of population ages 15-49) is 6.7%. The Youth are the majority. They are also the largest group affected by unemployment as well as HIV and AIDS.
 - II. It is estimated that only 15 % of Kenyans are aware of their HIV status. This indicates that a lot of work needs to be done to sensitize the Majority of Kenyans on HIV and AIDS issues.

For the Past 3 years, our German partners have been sending funds to cover the rent and Salaries. The Rotaract Clubs in Nairobi on the other hand held a couple of fundraising initiatives to support other administrative expenses. However the current funds from Germany will not last beyond December 2006 as they have met their 3-year target hence the urgent need to seek other partners.

2. HIV/AIDS And Cultural Stigmatization

While the number of clients seeking out the services of the Centre improved drastically from a paltry 14 in April to **4524** by end of 2005, this is still below the Centre's projected target of 10 clients per day to aggregate over 200 per month. Currently the Centre with one counsellor is able to service an average of 120 clients.

Throughout the country, patronization by members of the public at VCT centres has been far from impressive and this is largely ascribable to cultural inhibitions that have led to stigmatization of the disease.

CONTEMPLATED MEASURES TO OVERCOME PROBLEMS

1. Identify Funding Partner(s).

The Rotaract Clubs of Nairobi are seeking funding partners from the local Rotary family, Corporate Institutions and International partners in order to keep the Project running.

2. Employ Massive Publicity Campaigns.

Already, the publicity committee is working on various publicity strategies with the aim of maximising client visits to the centre. The publicity campaigns target, *inter alia*, ordinary members of the public, college students, Rotary and Rotaract clubs.

3. Foster Peer Education Efforts.

- Training Rotaractors as Peer Counsellors/Motivators;
- Motivation and education of youth on the dangers of HIV/AIDS and other related adolescent health concerns;
- Active involvement in community mobilization projects for the existing Rotaract VCT Centre.

7. FUNDING PROPOSALS

Three funding Proposals have been developed and some are already in circulation. These are:

1. **Adopt a month and Save Lives**

This is a proposal seeking a single or multiple partners, Locally and Internationally to fund the Rotaract VCT for each month for the next 3 years at the estimated cost of Ksh 147,500 a month.

2. **Corporate Proposal**

This is a proposal targeting local corporate partners to make Monthly donations to the VCT under the banner of Corporate Social Responsibility and benefit from different public relations packages of **Platinum (147,500)**, **Gold (Ksh 73,750)** and **Silver (Ksh 36,875)** Sponsorships. The proposal has already been sent to some institutions but no positive feedback has been obtained as yet.

3. **Media Proposal** – This is a proposal to the radio stations requesting them to introduce a VCT moment where HIV/AIDS information can be broadcasted. The airtime would be sponsored by some corporate bodies and the proceeds be directed to the Rotaract VCT. The proposal had been forwarded to some local media stations and we are awaiting feedback.

4. **Conference Room Hire:** Currently a couple of the Rotaract Clubs utilize the conference room at a small fee that goes to the VCT. However the Conference room is highly under utilized and a proposal has been prepared to sell the space to Rotary Clubs and other small groups to hold board meetings there and increase the revenue.

5. **Move to a cheaper venue.** The Rotaract VCT Management Committee is also seeking alternative venues within the city that would be cheaper hence substantially reduce the rent payable but still act as a central venue for Rotaract activities.

6. **Other fundraising initiatives** are being discussed by the Rotaract Fundraising Sub Committee including joint initiatives that will generate some proceeds to the VCT.

CONCLUSION

Despite all the efforts that we have initiated, the Rotaract VCT requires urgent assistance in order to remain in existence. At least 4 Rotaract Clubs are also under direct threat as they utilize the Rotaract VCT for their regular meetings.

Any assistance or guidance to the Rotaract VCT would be most welcome and appreciated.

USEFUL REFERENCES

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