



WEEKLY REVIEW



ISSUE 52 | 16TH - 20TH NOVEMBER, 2020



Part of Nyewasco's Water Treatment Plant at Kamakwa in Nyeri town.

Photos by Peter Wangari.

Why Nyewasco has remained top for 12 years running

"I am grateful for the support accorded to us by Nyeri Governor H. E Mutahi Kahiga in terms of provision of financial resources and implementation of projects, while allowing us to carry out our mandate without interference, which has led to the gradual growth of Nyewasco," noted Ag. Managing Director Eng. Peter Kahuthu.



By Njambi Mugo

The Nyeri Water & Sanitation Company Limited (Nyewasco) was incorporated on 23rd September 1997 under the Kenya Companies Act Chapter 486 and commenced operations in July 1998. For the past 23 years, Nyewasco has prided herself

for being the best water and sewerage provider not only locally but also globally with the slogan For Quality Water being their driving force over the years..

The company has remained committed to its core values which are; customer service, ownership, environmental

consciousness, continual improvement, teamwork & efficiency, research & innovation and corporate social effectiveness in ensuring that it provides steady supply of quality and quantity water and sewerage services to her over 160,000 customers and over 40,000 connections.

The semi-autonomous company attributes one of the key factors contributing to her success to the immense support from the County Government of Nyeri under the stewardship of H.E Governor Mutahi Kahiga.

Continued on page 2, 3, 4 & 5



Director of Crops Resource Management
Mary Njine Pg 6,7



Governor assents to the Nyeri County Flag and Other Symbols Bill, 2020 Pg 9



Launch of five-year Nyeri County Nutrition Action Plan Pg 15



ing upon them to remain committed to excellent customer service. Together with a formidable team, supportive board of directors and the County Government of Nyeri, Nyewasco soared

“I am grateful for the support accorded to us by Nyeri Governor H. E Mutahi Kahiga in terms of provision of financial resources and implementation of projects, while allowing us to carry out our mandate without interference, which has led to the gradual growth of Nyewasco,” noted Ag. Managing Director Eng. Peter Kahuthu.

In addition, Eng. Kahuthu noted that Nyewasco’s exemplary performance can be attributed to the good leadership by the late MD CPA Peter Gichaaga, who grew the company to greater heights jointly with the board of directors.

“Our late MD was committed towards maintaining the company’s stellar performance. This, he achieved through good governance and was awarded severally by the Water Regulatory Board for his excellent leadership skills, he was a mentor and encouraged team work amongst the members of staff continuously call-

ing upon them to remain committed to excellent customer service. Together with a formidable team, supportive board of directors and the County Government of Nyeri, Nyewasco soared

into a globally recognised water service provider,” noted Eng. Kahuthu.

Further, Nyewasco attributes her continued success to the excellent performance from all its members of staff who are well acquainted with their responsibilities for efficiency and effectiveness and are continually motivated through trainings and team building activities. In addition, the company is dedicated towards guaranteeing customer satisfaction and has placed their 160,000 customers as their number one priority ensuring the services it accords to them are reliable and uninterrupted.

“We have embraced technology in terms of improving customer services making sure our services are convenient and timely. We have incorporated technology in terms of communication and payments, which has significantly improved our services especial-

ly during these Covid-19 times. We have also adopted the new systems in the market that have heavily reduced on our wastage for instance in non-revenue water, which has ensured we maintain the non-revenue water at 15% and in billing systems allowing us to serve our customers with minimal errors and at their convenience,” added Eng. Kahuthu.

Awards

For the past 12 years, Nyewasco has scooped the first position for being the best water service provider in the country as exhibited in the IMPACT: A Performance Report of Kenya’s Water Services Sector. Further, the company has been recognised globally for exemplary work performance having been awarded the Water Leaders Award, during the Global Water Awards 2020, an award

which was established in 2006 by Global Water Intelligence. The coveted award recognises the most important achievements in the international water industry within several categories and rewards those initiatives in the water, wastewater and desalination sectors that are moving the industry forward through improved operating performance, innovative technology adoption and sustainable financial models. Nyewasco was recognised for being a key player in terms of governance in the water sector. The company has also won other awards for instance in the sports category, during the 9th edition WSPs games, it emerged third position and in 2016, it scooped the MAPI award related to good governance and best practices.



Water Treatment

Nyewasco sources her water from River Chania which is extracted at Ihua Plant in Kamakwa, Nyeri Central sub-county. Water then flows through gravity to the water treatment plant located at Kamakwa.

According to the officer in-charge of water production, Paul Michuki, water goes through major seven steps before being distributed to the customers. In the first stage, water goes through core and fine screening to remove water impurities. Secondly, testing is done to determine the amount of chemicals to be dosed in the water after which aluminium sulphate is added through a process known as coagulation. During the third step, water and aluminium sulphate are mixed evenly through the flocculation system.

In the fourth stage, water goes through a process of sedimentation whereby particles coagulated settle down in the horizontal flow sedimentation tank. In the event any particles have bypassed the sedimentation process, rapid sand filters clear out everything in the water, which is then channelled to clear water tanks.

“The most important stage of water treatment is chlorination which takes place while water is being circulated to the clear water tanks. At this point magadi soda (soda ash) is also added



to remove a weak sulphuric acid which is produced during coagulation when aluminium sulphate is introduced in the water. The soda ash eliminates the sulphuric acid which causes acidity in the water. Further, after every two hours, water is tested to check the chlorine and PH levels as well as its turbidity,” added Michuki.

The last stage is the distribution of water which is done through the bulk meter room. Nyewasco has two outlets; one at Tetu area which pumps water to areas at a high altitude and Kamakwa where water is distributed to low altitude areas through gravity. It produces about 20,000m³ per day which covers 95% of their service area.

The company has also set up water ATMs such as one in Witemere enabling the residents to access water at affordable prices. According to Wanjiru Maina, one of the programme’s beneficiaries, she thanked Nyewasco for the ATMs noting that it has changed their lives for the better.

“We are able to access water at a price of Ksh.1 per 10 litres, therefore, making it affordable for most of the low-income families. The system is efficient, has low wastage and parents can even send their children to tap water for their households,” added Wanjiru.

The laboratory, located at Kamakwa treatment plant is involved in checking/ testing the quality of water through its three laboratories; Micro Biology, Chemistry and Wastewater laboratory.

“The Micro Bio lab tests for bacterias that can harm the human, the Chemistry lab tests for metals and non metals in water while the Wastewater lab tests the water consumers are releasing in productions at Kangemi and Gatei Treatment Plants to ascertain whether the water is safe to release back to the rivers,” noted Lab Technician Rebecca Ndegwa.

Sewer Treatment

Nyewasco has invested in

a superior eco state sewer treatment plant at Kangemi, Nyeri Central sub-county (*pictured above*), considered to be one of the best in Africa, where she treats her waste water. At the sewer plant, screening is done to separate water and large particles.

“Discarding is then done to separate water and sludge, which is then moved to the lagoon for 90 days where it further separates from the water before being transferred to the drying beds for two-three weeks, which is then sold as manure to farmers,” noted Zipporah Wanjiru, Ag. Plant Manager.

The separated water further undergoes a biological cleaning process at the high rate and low rate tanks, whereby bacteria is killed using organic decomposition. Later, water goes through a testing phase through aquatic rearing which determines the quality of water. The effluent is finally drained back to River Chania. The company also has another sewer treatment plant at Gatei which receives its surge from Kiganjo sewer pumping station.

Certifications

The award-winning company has invested in a superior laboratory, which is certified the ISO 17025:2005 series and later in 2019, transitioned to ISO 17025:2017 series by the Kenya Accreditation Service (KENAS), the National Environment management Authority (NEMA) and ISO 9001:2015 certification by the Kenya Bureau of Standards.

Corporate Social Responsibility

Nyewasco has been involved in a number of activities geared towards giving back to the commu-



and exotic trees, an exercise aimed at conserving the environment and water catchment areas. During this year's event, Nyewasco fraternity in collaboration with Nyeri youth and Kenya Forest service planted 10,000 tree seedlings at Kiganjo Sewer Pumping Station in honour of the late Managing Director who was a committed conservationist and liked the saying

Water Sector Trust Fund, Nyewasco came up with the Upscaling Basic Sanitation for the Urban Poor (UBSUP) programme in Witemere, Nyeri town whereby, they built 204 toilets for vulnerable families.

"We received a grant of Kshs. 5.3 million from the World Bank which we committed it to building subsidised toilets for Witeremere residents with an aim of improving the hygiene levels of the residents who previously used dilapidated toilets. We are happy that the project has had a 100% absorption in phase 1 and we are projecting to extend the projects to other areas within Nyeri County in phase II," noted Eng. Kahuthu.

According to Christine Wangari, the programme has notably changed their lives by improving their cleanliness levels.

"Nyewasco reimbursed us Kshs. 20,000 for every toilet we built and its our wish that the programme would continue as it has brought forth positive changes within the community. Previously, we were using toilets

which were in deplorable conditions but with the new ones, they have improved sanitation levels, as there are no house flies or bad odour," added Christine.

"We are thankful to Nyewasco for the programme which has improved the hygiene levels of our households. In every plot, we got two toilets courtesy of the programme which was an upgrade from the leaking and raining toilets were using before, that made us even afraid for our children," noted Beatrice Mugure one of the beneficiaries.

Winfred Nyaruai, another resident expressed her gratitude to Nyewasco for this programme which has improved hygiene levels in the area and reduced occurrences of diseases such as cholera and typhoid.

"Prior, we were using flying toilets, however, with the new toilets, sanitation levels have improved and helped eradicate diseases such as cholera and typhoid which were common occurrences in the area," added Nyaruai.



nity. The company holds an annual environment day where Nyewasco's fraternity plants both indigenous

Conserve the environment today, it will save you tomorrow!

In collaboration with the



Covid-19 Mitigation

In this era of Covid-19, Nyewasco has engaged in a number of activities geared towards curbing the further spread of the virus such as sensitising staff on MoH guidelines on Covid protocols, provided masks and sanitisers for its members of staff, reduced the number of staff and installed hand washing points within its premises. In addition, the company has installed over 60 hand washing points across the county, waived

fees for low-income families at Witemere, stopped the disconnection of water for customers with arrears and supplied water storage tanks to institutions through the County Government of Nyeri.

“The company has become one to reckon with being the envy and benchmarking tool for both local and foreign water service providers such as Nigerian and Malawian governments” added Eng. Kahuthu. This was also echoed by Mr. Michuki who added that the company also offers attachments to students and visitors who benchmark with their treatment plant and laboratory facilities.

Future Plans

Nyewasco has proposed new tariffs, which will see its consumers being charged less for water usage as well as sewer charges which have been reduced with a 25% at the household level. In the next five years, Nyewasco also plans to partner with key stakeholders to create means of preserving

water catchment areas as well as invest in bulk water storage infrastructure for both Aberdare's and Mt. Kenya Catchments. Further, the company is looking into investing in alternative en-

and tools.

- **Timely implementation of Collective Bargaining Agreement (CBA)**
- **Active in Corporate Social Responsibility (CSR) activities.**



ergy sources such as biogas and solar to address the high energy cost incurred during the water treatment process and foresees to extend sewerage services to Kiamwathi, Chaka Market and neighbouring areas as well as extend water services by carrying out more in house connections.

Truly, Nyeri Water and Sanitation Company has lived true to its mission, which is to provide quality water, sewerage and allied services at commercially and environmentally sustainable levels.

Key achievements

- **Developed Performance Management scheme including policy**

- **Reviewed and updated the Customer Service Charter.**
- **Adoption and Integration of pro-poor policy in the company's activities.**
- **ISO/IEC 17025: 2005 Accreditation of its laboratory services.**
- **Evaluated for the 12th time in a row as the Best performing WSP during the WASREB impact report of 2019/2020.**
- **Repayment of loans without defaulting up to date.**
- **Continued provision of services on a 24/7 basis.**
- **Water Extension to LIAs and informal settlements.**





One one one with Director of Crops Resource Management Mary Njine

Tell us about the core functions of your unit

- To facilitate increased agricultural productivity and output.
- Provision of extension advisory services and technology application.
- To promote market access and product development.
- Enhance accessibility of affordable farm inputs and credit to farmers.
- To increase access of agricultural information to farmers.
- Promote sustainable land use and conservation of environment.
- Enhance institution efficiency and effectiveness in implementation of service delivery.

When you talk of crops management, do you involve both food and cash crops? Which crops are mostly involved in Nyeri County?

The directorate promotes

production of both food crops and cash crops in the county. Coffee is prioritized as one of the key cash crops as it contributes significantly towards Nyeri economy offers direct and indirect employment to about 80,000 smallholder farmers and 160 small to medium estates in Nyeri. Tea is the second cash crop cultivated in 6,361 ha by over 36,500 farmers. Other income generating crops for farmers with minimal inputs are avocados and macadamia. The main food crops are Irish potatoes, maize, beans and bananas.

Nyeri being an agricultural county, tell us about the efforts which have been done by your unit on matters of crops value addition. What has the unit done in promotion of agriculture through developing of infrastructure?

The county government has: constructed 10 metallic drying tables for Tekangu coffee factory,

constructed an onion shed (Amka Twende Nganoi-ni), constructed ware Irish potato stores in Kieni West sub-county, constructed Thangathi coffee collection centre, constructed Rumukia Macadamia/ Avocado collection shed, support of G-star youth group from Tetu sub-county with equipment for drying, milling and packaging of banana flour, support of shelf help groups with 42 green houses and facilitation of excavation of over 100 water pans funded by small holder irrigation.

Last year, some crops were hit by hailstorms at Kabiru-ini area, desert locusts have also raided the county, there are also issues of crop diseases, drought, floods etc. How are you prepared on matters of disaster preparedness?

The directorate is sensitizing farmers and stakeholders by promoting climate smart technologies geared towards, adaption and building resilience to

climate promotion of early maturing crop varieties, drip irrigation, putting more emphasis on soil and water conservation structures for prevention of soil erosion. Through various programs, we are emphasizing on farm water harvesting for crop production, through roof catchment, construction of water pans, storage tanks and dams. Intensified campaigns on pest and disease surveillance and control are also being done and promotion of crop varieties resistant to pests and diseases like Ruiru 11 and Batian in coffee. On desert locust being a national issue, in collaboration with state department, Crop Protection Branch, knapsack sprayers and protective clothing have been procured, training and sensitization of officers and stakeholders on surveillance and control has also been done.

Brief us on the new technologies to improve crops productivity for enhancement of food security and employment creation

The directorate continues to offer extension advisory services and promotion of new technologies and innovations for improved crops productivity and for enhancement of food security and employment. These technologies include;

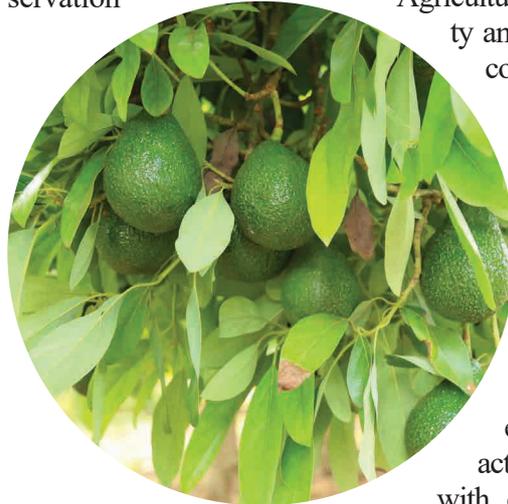
- Promotion of high producing and disease resistant coffee varieties i.e. Rui-rull and Batian
- Promotion of iron and zinc rich beans varieties for improved food and nutrition security.
- Provision of soil testing subsidy to farmers.
- Promotion of lime application in coffee to reduce acidity where 100,000bags were procured and issued to farmers at subsidized price.
- Promotion of efficient water use technologies, drip irrigation and water harvesting through excavation of water pans and ponds
- Establishment of Irish potato clean seed production unit through tissue culture at Wambugu ATC.
- Green house technology promotion in horticulture production.
- Promotion of adoption of high value crop by procurement and distribution of over 250,000 fruit tree seedlings (Hass Avocado, macadamia and mangoes).

Tell us about the efforts of the crop husbandry management by the extension officers

Extension advisory services

are achieved through; group approach, field days, exhibitions, individual farm visits, demonstrations, farmer field schools, workshops and seminars and telephone consultations which have come in handy especially this season of Covid-19.

The extension officers are distributed upto the ward level with about 32,000 farmers reached through various extension methodologies. The directorate, through support of Upper Tana Natural Resource Management Project is promoting sustainable land use and conservation of environment by implementing soil and water conservation



through catchment approach in every sub-county. Farmers have also been assisted in excavation of about 100 water pans under Small Holder and Value Addition Program (SIVAP). Over 100 kitchen gardens have also been established for food and nutrition security. Further, extension officers also facilitate farmers to acquire subsidized fertilizer, linking them to agro-dealers and training farmers on market access and product development.

Which policies and legisla-

tions have been made public on crops management?

- The Crops (Irish Potato) Regulation 2019 which guides the promotion, development and regulation of production and trade of Irish potatoes. The unit of measurement of all Irish potatoes shall be the kilogram.

- The Crops (coffee) General Regulations 2019 which gives effect to section 40 of the crops act, 2013, provides for licenses to be issued, provides for protection of growers' rights along the value chain among others. The regulations also give the specific functions of the Agricultural Food Authority and functions of the county government.

The Authority handles licensing of coffee activities dealing with secondary processing and marketing of coffee, while the county government handles activities dealing with coffee production and primary licensing.

Brief us on the research of crops through public private partnerships

The Kenya Agricultural and Livestock Research Organization (KALRO) is mandated with crop research and development. Crop research is also done by institutions of higher learning or private entities accredited by the National Commission for Science, Technology and Innovation such as Coffee Research Institute (CRI) Ruiru.

The directorate collaborates with research institutions in setting of adaptive trials on new and improved crop varieties. The research institutions also act as key source of certified clean seed and planting materials like Irish potato, beans and fruit tree seedlings. Currently, the directorate is collaborating with Dedan Kimathi University in Chia crop promotion for food and nutrition security in Kieni.

What is your experience so far on matters of crops resource management for the years you have worked?

Nyeri is an agricultural county therefore; crop enterprises are key source of livelihood for majority of the county households. The crop sub-sector contributes immensely in food and nutrition security, source of income and employment. The sector also acts as a foreign exchange earner through export crops. Nevertheless, the larger proportions of the farmers have not commercialized agriculture but are practicing subsistence. As such, they still require support of public extension and provision of subsidy inputs. There is need for proper coordination and collaboration to avoid duplication of efforts and for efficient use of resources between the national and county government agriculture entities which will further prevent farmer exploitation and confusion. Lastly, good political will as currently being enjoyed in the county is a key factor in the identification and successful implementation of all the projects.

Joy as governor receives KCSAP trophies

H. E Governor Mutahi Kahiga received the trophies that the Department of Agriculture won for emerging position one in the implementation of Kenya Climate Smart Agricultural Programmes (KCSAP).

The trophies were presented to him by Agriculture CEC James Wachihhi.

Governor Kahiga applauded the team for the commendable work they have been doing and encouraged them to continue with the same spirit.

CEC Wachihhi noted that the County Government of Nyeri surpassed the KCSAP targets in the following leagues;

1. On Micro project, county to have approved 150 CIGs (Common Interest Groups) and funded 100 of them. In Nyeri we had approved 398 and funded 122.

2. To have approved five producer organizations and dis-

bursed funds to atleast two of these organizations. In Nyeri, we approved five producer organizations and gave funds to three producer organizations.

3. To have approved 20 sub projects and have atleast two funded and implementation complete. In Nyeri, we approved 20, funded seven and implementation of five sub projects were complete by the time of assessment.

4. On funds absorption, absorption of 40 percent of the disbursed funds required. In Nyeri absorption of funds was at 98.89 percent.

The CEC further noted that other mega projects by KCSAP such as construction of Kiria Dam, Lusoi Phase II and Thiha Sagana Irrigation Scheme are over 95% complete.

The department has also developed five extension videos for dairy farmers.



Department of Agriculture emerges top in the implementation of KCSAP



The league was on the following areas;

1. On Micro project, county to have approved 150 CIGs (Common Interest Groups) and funded 100 of them. In Nyeri we had approved 398 and funded 122.

2. To have approved five producer organizations and disbursed funds to atleast two of these organizations. In Nyeri, we approved five producer organizations and gave funds to three producer organizations.

3. To have approved 20 sub projects and

have atleast two funded and implementation complete. In Nyeri, we approved 20, funded seven and implementation of five sub projects were complete by the time of assessment.

4. On funds absorption, absorption of 40 percent of the disbursed funds required. In Nyeri absorption of funds was at 98.89 percent.

Well done to the Agriculture department led by CEC James Wachihhi, Chief Officer Ruth Mwangi and the entire team.

Governor assents to the Nyeri County Flag and Other Symbols Bill, 2020



Nyeri County officially obtained a new flag. On the 18th of November 2020, Governor H.E Mutahi Kahiga assented to the Nyeri County Flag and Other Symbols Bill, 2020 in an exercise that was overseen by the Nyeri County

Attorney Kimani Rucuiya. On 21st October, 2020, the County Assembly of Nyeri passed the Nyeri County Flag and Other Symbols Bill, 2020. The County Flag, County Coat of Arms and County Public Seal are therein officially approved.

The flag is in the county colours with Blue symbolizing the vast skies and the endless abilities and high aspirations of the people of Nyeri. Green symbolizes the tranquility and ambience of our environment. White depicts peace and neutrality in our county and brown symbolizes the rich Kikuyu culture including the unique attire of the Agikuyu people. It also signifies the soil and fertility of our land. In the Nyeri Coat of Arms, Mt. Kenya has great cultural significance of as the

Agikuyu worshipped God (Ngai) facing Mt. Kenya. Tea, Coffee, Cabbages, tomatoes and dairy cow depicts abundance and productivity of our county. The Bongo represents the unique touristic attractions in Nyeri County as the Bongo is found in the Aberdare. The five stars represent the heroes and heroines from Nyeri County and the Motto/Slogan being 'Ndiambaga Na Igua' means "we start small but aspire to grow big". The proper usage of the new flag, coat of arms and county public seal is clearly outlined in this law. The Governor's Press Unit designed the new flag, while building on the existing county colours and proposed coat of arms.

The Progress of Naromoru Level 4 Hospital

The construction of Naromoru Level 4 Hospital (*pictured*) in Naromoru town, Kieni East sub-county is expected to be completed by the end of next month. The work commenced in August last year.

Its completion will ease the suffering of Kieni people who have not had a Level 4 facility and have had to seek treatment either in Karatina, Nyeri or Nyahururu hospitals. This project is jointly funded

by the County Government under the leadership of H.E Governor Mutahi Kahiga and the World Bank under the Kenya Devolution Support Programme (KDSP).

The construction of this three-storied 175 bed capacity hospital will host key departments including; two operating theatres, general OPD, Casualty, Pharmacy, Laboratory, Maternal and Child Health unit, specialized clinics, maternity and inpatient wards (medicine, orthopedic,



surgical). This hospital will guarantee provision of surgical and inpatient services and ultimate-

ly contribute to decongestion of the Nyeri County Referral Hospital.

Nyeri governor receives donations from KENHA

While handing out the donations, Mr. Wangai lauded the governor for his great leadership during these challenging times and called for everybody's commitment towards the fight against Covid-19.



The Kenya National Highways Authority (KENHA) donated a consignment to the County Government of Nyeri to aid in the fight against Covid-19. The team led by KENHA Board Chair Wangai Ndirangu and Director General Eng. Peter Mundinia donated 100 thermoguns, 18,500 masks, 1,000 gloves, 219 Personal Protective Equipments, 300 gloves and 2,000 protective sheets.

H. E Governor Mutahi Kahiga expressed his gratitude for this timely donation noting that it will go a long way in protecting the health care workers especially with the rising Covid-19 cases in the county. The governor also thanked H. E President Uhuru Kenyatta for his continued support towards the medical workers and further appealed to him to continue supporting them with the monthly allowances.

He further called upon Nyeri residents to continue observing the MoH guidelines; wearing of masks, washing hands and maintaining social distance so as to curb the spread of Covid-19. While handing out the donations, Mr. Wangai lauded the governor for his great leadership during these challenging times and called for everybody's commitment towards the fight against Covid-19.

Governor launches CASIC Work Plan

H. E Governor Mutahi Kahiga officially launched the County Antimicrobial Stewardship Interagency Committee (CASIC) Work Plan. The Kenyan government in response to the global call to join in the fight against Antimicrobial Resistance (AMR) launched the country's Policy and National Action Plan (NAP) for prevention and containment of AMR. The NAP is a five-year implementation framework for the AMR policy. Following this, Governor Kahiga established the County Antimicrobial Stewardship Interagency Committee (CASIC) in Nyeri County which was launched last year. The Nyeri CASIC Work Plan is intended to guide resource mobilization, budget allocation and implementation of the AMR NAP in Nyeri County. The governor called upon all stakeholders and Nyeri County partners in the prevention and containment of AMR to align their activities with this work plan to enhance strategic coordination in implementation of the NAP. He further noted that a 'One Health' approach that calls for involvement of multisector and multidisciplinary partners is critical while acknowledging the immense support to the Nyeri CASIC team by the National Antimicrobial Stewardship Interagency Committee (NASIC).

'Eat More Fish' campaign in Mathira East and Tetu sub-counties

Karatina residents sharing a fish meal during the 'Eat More Fish Campaign' at Kiwarigi Chief's Camp, in Mathira East sub county. Eating fish is recommended as part of a healthy diet since it's packed with protein, vitamins, and nutrients that can lower blood pressure and help reduce the risk of a heart attack or stroke.



By Kenneth Ngatia

The County Government of Nyeri through the Department of Agriculture, Livestock and Fisheries continued the 'Eat More Fish Campaign', a Nutrition Initiative under the Aquaculture Business Development Programme (ABDP) at Kiwarigi Chief's Camp, Karatina ward in Mathira East sub-county. The aggressive fish campaign is being conducted across the eight sub-counties in the county and is geared towards increasing

the income, food security and nutritional status of the wider communities of poor rural households.

Fish farmers interacted with county fisheries officers led by County Director of Fisheries and Programme Coordinator Maureen Muriuki and learnt about various effective fish husbandry techniques that will help boost fish farming and increase their income.

Farmers were also educated by Samuel Gacheru on the importance of cleaning

and packaging their fish produce well as well as value addition and nutritionist Elizabeth Waithera on the health benefits of fish consumption which contains essential oils and is a great source of protein and minerals.

This year's theme is, 'Fish for Health and Wealth'. Fish is a low-fat high quality protein filled with omega-3 fatty acids and vitamins such as D and B2. It is also rich in calcium and phosphorus and minerals including iron, zinc, io-

dine, magnesium, and potassium.

Further, eating fish is recommended as part of a healthy diet since it's packed with protein, vitamins, and nutrients that can lower blood pressure and help reduce the risk of a heart attack or stroke.

A similar event led by Programme Fisheries Officer Agnes Kinyua was also held at Kangaita Chief's Camp, Aguthi Gaaki ward in Tetu sub-county.

YOUR SAY ON FACEBOOK



Sam Njuiya
Agriculture is not just the backbone but is the economic pillar of Nyeri county. We are proud of the good work in this department



Wanjiku Simon
God bless you abundantly your Excellency for the great commitment you have in our health sector and ensuring that we get the best, your transparent, forthright way of governance is a big contribution to the relationship and confidence the corporates have in you and our county benefits. May God bless our donors too



Benson Ngure
It's the confidence they have with your administration and prudence in utilization of public resources entrusted to you that makes us enjoy this support. Keep up HE.



Simon G Nesh
This is development that every wanjiku of Nyeri can relate to. Good work Governor Mutahi Kahiga



Simon Nyaga Kagure
Kudos I wish you another term as the governor of Nyeri country!



Manoti Manoti
Keeping citizens up to date with what is happening is a form of accountability, openness and honesty as enshrined in our constitution. Through this good leadership is born your Excellency
#TeamKahiga
#KahigaDelivers

Nyeri County receives the third consignment of PPEs courtesy of Equity Bank

The PPEs will be distributed to all health care workers working at the isolation facilities.



H.E Mutahi Kahiga (third right) receiving the third consignment of PPEs from Equity Bank Foundation team led by Polycarp Igate, Equity Group Chief Commercial Officer (second left).

By Muthoni Kanja

Nyeri Governor H.E Mutahi Kahiga received PPEs worth over Kshs. 5 million from Equity Group Foundation. The donation comes as a third consignment following the previous two donated less than three months ago by Equity Group Foundation.

The PPEs will be distributed to all health care workers working at the isolation facilities.

Governor Kahiga appreciated Equity Group Foundation for this noble gesture. He noted that Nyeri County is driven by virtue of trans-

parency and accountability hence each PPE will be accounted for. He called upon the public to prioritize on personal care and responsibility which is key in taming the high rate of transmission.

He added that the County Government of Nyeri is currently implementing a Kshs. 125 million project of setting up oxygen plants at Mt. Kenya Hospital and other major hospitals across the county which will be fully functional soon.

Polycarp Igate, Equity Group Chief Commercial Officer lauded the quality

of governance by Governor Kahiga and his dedication in ensuring prosperity of the health sector. He noted that Equity is dedicated towards supporting and protecting health care providers further adding that 27 Equity Afya clinics across the county have been set up to supplement health care services.

Hon. John Kaguchia, speaker of the County Assembly noted that the County Assembly has drafted the Covid-19 response bill which is now an act. He added that he continues to engage members of the

Assembly on improving in health care. He lauded Equity group for setting up Equity Afya facilities which supplement in provision of health services.

Dr. Rachel Kamau, CEC Health Services lauded Equity Bank Foundation for their continued support noting that the county government continues to engage efforts in ensuring health care workers are well protected. She also encouraged people to seek medical services noting that the Infection Prevention and Control measures have been strengthened.

Pregnant teenagers, young teenage mothers and defiled girls mentored



In the wake of the Coronavirus pandemic, the country has experienced a spike in teenage pregnancies, sexual and gender based violence, ruining the future of many girls. It is for this reason that the County Government of Nyeri through the Department of Gender, Youth and Social Services, together with other stakeholders joined hands in a mentorship programme for the girls, their parents and guardians. The CECM Esther Ndung'u, together with reproductive officers from the Health Department,

Amref Health representative among other stakeholders joined hands for a training session with Mathira West Deputy County Commissioner, Mr. Jacob Ouma at the Mathira Technical and Vocational Training hall in Kaiyaba, Mathira West sub-county.

The program has seen the department reach out to girls across the county and aims at mentoring, guiding and counseling the teens as they transition to motherhood and become successful individuals in the society. It also aims at mentoring teens that have un-

dergone sexual violence, as well as creating awareness on the need to end teen pregnancy and SGBV.

In Mathira West, there are 18 reported cases of teen pregnancies and 11 cases of defilement. The teens were guided on healthy pregnancies and good births, how to face daily life challenges, encouraged to become successful young women, productive and responsible members of society, how to face social and emotional challenges associated with teenage pregnancies, sexual violence and much more.

Their parents were encouraged to support the girls in spite of their circumstances, offer more positive support and parental guidance, improve their relationship with the teens and be more involved in their lives.

The girls were also encouraged to stay in school, and were assured of the county government's support in ensuring they continue with their education.

The girls received dignity kits with assorted items and foodstuffs in partnership with UN Women and Amref Health Africa.

Social assistance to fire victims and vulnerable in the community

The County Government of Nyeri through the Department of Gender, Youth and Social Services has continued to improve the social-economic welfare and to provide social assistance to the vulnerable in the society.

Fire victims throughout the county have continued to receive support through provision of building materials, beddings, food and other non-food items, aimed at providing a responsive social service and provision of immediate help to support recovery, as they rebuild themselves. The vulnerable members in the society have continued to receive various forms of social assistance.

The department has been joining hands with the community in improving the living conditions of the vulnerable.



New lease of life for Njoki's family



H. E Governor Mutahi Kahiga together with Konyu ward MCA Hon. Eric Wamumbi opened a house for Njoki Macharia in Karidundu, Konyu ward Mathira East sub-county.

Njoki and her family have been living in a deplorable state after their home flooded during the rainy season. Njoki's family was allocated a piece of land at Karidundu Shopping Centre, on which through governor's

personal donation and contribution from well wishers, a 3 bedroomed house, kitchen and washroom was built for the family. Water and electricity installation has also been done. The governor noted a

7-seater and table will be provided, fencing will be done, a title deed will be allocated and pledged Kshs. 20, 000 towards restocking of Njoki's business at the market.

Gender Chief Officer George Mwangi thanked the governor for being personally involved in the welfare of vulnerable persons within Nyeri County.

The County Government of Nyeri through the Department of Gender, Youth and Social Services supports vulnerable persons and families through the social safety net programme.

NEPAD/APRM Kenya Secretariat courtesy call

H. E Governor Mutahi Kahiga held a meeting with the NEPAD/APRM Kenya Secretariat led by their leader Hon. Elias Mbau.

They deliberated on the Second Country Review Report borne out of an extensive review process under the African Peer Review Mechanism (APRM), in which all AU member countries are subjected to a voluntary Self-Assessment on matters governance. The APRM Country Review Report was launched



by H. E President Uhuru Kenyatta, whereby the secretariat has been tasked with engaging various stakeholders including county government officials, national government administrative officers and different interest groups.

Governor Kahiga welcomed the assessment noting that the process will help shape the mode of governance by identifying the leadership's strongholds and weak areas while championing for transformative leadership

and good governance. Hon. Mbau lauded the harmonious working relationship between the county and national governments, which has seen Nyeri residents benefitting with efficient service delivery.

Launch of five-year Nyeri County Nutrition Action Plan



H.E Mutahi Kahiga (left) during the launch of Nyeri County Nutrition Action Plan (NCNAP) at White Rhino Hotel, Nyeri town. The main objective of the NCNAP is to accelerate and scale up efforts towards the reduction of malnutrition.

By Caroline Kariuki

H.E Governor Mutahi Kahiga has officially launched the Nyeri County Nutrition Action Plan (NCNAP) which will run between 2020 - 2025.

The five-year work plan, which is multi-sectoral involving Education, Agriculture, Social Protection and Health, will spearhead in ending malnutrition in Nyeri County in the next five years if well implemented. The plan is aimed at reversing the triple burden of malnutrition that ravages on residents' livelihoods and their way of lives.

The main objective of the NCNAP is to accelerate and scale up efforts towards the reduction of malnutrition affecting all ages as a public health concern in the County

by 2030, focusing on specific achievements by 2025.

Child under-nutrition is still a major public health problem in Nyeri County with stunting levels being at 15.1%, wasting at 2.4 % and underweight at 2.1%. (KDHS, 2014).

In terms of adult malnutrition (overweight and obesity), Nyeri County was ranked second in Kenya. This may explain why Nyeri County is leading in Non-Communicable Disease because overweight and obesity are risk factors of NCDs.

The governor noted that the action plan focuses on three areas of interventions, namely nutrition-specific; nutrition-sensitive; and enabling environment, putting emphasis on the need for strengthening multi-sectoral

collaboration in addressing malnutrition.

Governor Kahiga said the activities in the Nutrition Action Plan will contribute to improving the food system governance reduce the prevalence of non-communicable diseases in the county and contribute largely to the quality of our diets and overall nutrition status.

The overall expected result is that Nyeri residents achieve optimal nutrition for a healthier and better quality life and improved productivity for the County's accelerated social and economic growth.

The document has been sponsored by partners, KANCO, Mums World, Nutrition International, AM-REF and MoH Kenya represented by Caroline Kathiari

who lauded the Governor for the good committed leadership as well as the Department of Health.

The County Speaker Hon. John Kaguchia thanked the governor for supporting the programme and promised that the County Assembly of Nyeri is ready to support any policy regulation or even budgetary allocation to ensure the implementation is successful.

The County Nutritionist, Agnes Mwendia said that the work plan will be a great step towards achieving good health in Nyeri which is among the top counties in the country with the highest Non-Communicable Diseases (NCDs) prevalence rate.

The theme is 'Improved Nutrition for All'.



CONGRATULATIONS

H.E GOVERNOR MUTAHI KAHIGA



On your graduation with



MASTER OF EDUCATION

IN LEADERSHIP AND EDUCATION MANAGEMENT



Kaba Mwalimu