

**INCREASING ACCESS TO WATER AND SANITATION
(WASH) AND MENSTRUAL HYGIENE MANAGEMENT IN
10 SCHOOLS IN 3 SLUM AREAS OF LUBAGA IN
KAMPALA CITY**

FOR TWO YEARS

2015 -2017

SUBMITTED BY

THE ROTARY CLUB OF KAMPALA NSAMBYA

EXECUTIVE SUMMARY

Project title	Increasing Access to Water Hygiene and Sanitation (WASH) and Menstrual Hygiene Management for 10 schools in slum areas of Lubaga in Kampala city	
Objectives	<p>Development Goal</p> <p>To contribute to improved study environment through innovations in WASH and menstrual hygiene management of at least 10,000 pupils in 10 schools in 3 slums of Lubaga Division by March 2016.</p> <p>Project Objectives</p> <ol style="list-style-type: none"> 1. Increased awareness and access to WASH facilities for 10,000 pupils in 10 schools in slum areas of Lubaga division through establishment of innovative WASH facilities by 2016. 2. Increased capacity of 10,000 school children, 200 teachers and local leaders to manage and sustain WASH facilities in the 10 selected schools by 2016. 3. Innovative Menstrual Hygiene Management (MHM) attained in the 10 targeted schools by 2016. 	
Target groups	Project beneficiaries:	
	The project will directly benefit 10,000 pupils in 10 schools, 200 teachers and area local leaders in 3 slum areas of Lubaga division.	
Time Span	Two years 2015-2017	
Legal Holder of the project	Rotary Club of Kampala Nsambya	
Contact Persons	<p>Fulgensio Jjuuko: President RC Kampala Nsambya</p> <p>Godfrey Musisi-Director Service Projects</p> <p>Rosette Nabuuma: Public Relations</p>	
Total project cost	UGX: 323 000,000	USD:95,000

1.0 Introduction

1.1 Legal status of the entity:

The Rotary club of Nsambya was chartered on the 10 April 2013 and is incorporated as a company limited by guarantee. Like other Rotary clubs it is mandated to conduct development services for community benefit. The club is looking for partners to implement the following WASH project to be implemented in 10 schools in 4 most needy wards in slum areas of Lubaga division in Kampala city.

1.2 Context of the project

The project is located in Lubaga Division- one of the five Divisions making up Kampala District, the capital city of Uganda. Lubaga Division is comprised of 13 wards; namely: [Busega](#), [Kabowa](#), [Kasubi](#), [Lubya](#), [Lungujja](#), [Mutundwe](#), [Najjanankumbi I](#), [Najjanankumbi II](#), [Nakulabye](#), [Namirembe](#), [Nateete](#), [Ndeeba](#) and [Lubaga](#). It is located in the western part of Kampala District bordering Kampala Central Division in the East, Makindye Division in the North and Kawempe Division in the South.

Lubaga Division is both culturally and historically important because it accommodates the former Mengo Municipality, the seat of the Buganda Kingdom and the Cultural sites of the Kingdom including Lubiri Palace, Kasubi Tombs and Bulange. In addition, Christian missions namely Namirembe Church of Uganda, Lubaga Catholic Church, Namungoona Orthodox Church and SDA are found in Lubaga.

Lubaga Division is generally endowed with adequate surface and sub-surface water reserves with several streams and wetlands both permanent and seasonal. However, all the underground water is contaminated according to the findings of a research carried out by KCCA recently. The water table is quite high making the area prone to seasonal flooding whenever it rains heavily.

The Division is experiencing a population growth rate of about 4.1%¹ over the past 5 years, leading to 344,752 persons by 2010. The sex ratio is 56 females to 44 males. In the division, 48% of people are below 17 years of age which implies that the Division has a high dependence ratio, coupled with youth unemployment.

1.3 Policy and Institutional framework

¹Lubaga Division Development Plan 2010-20

The Water and Environment Sector plays a key role in the National Development Plan (NDP)-the overarching framework for national development in Uganda for the period 2010 - 2014/ whose theme is “growth, employment and socio –economic transformation for prosperity”. The sector contributes to all the objectives of the NDP. In terms of categorization, water supply and sanitation provision falls under the social services sector.

The policy and institutional framework for water and sanitation is still relevant and conducive for CSO engagement. The water and sanitation sub sector has an advanced Sector Wide Approach to Planning (SWAP) whereby all the various stakeholders, namely: Government of Uganda, the Development Partners (DPs), Non-Government Organizations (NGOs) and the Private Sector have established an elaborate structure for consultation, consensus building and decision making. The main structures are at the national level, district level and the divisions/sub-county/community level.

At the national level, there are sub-sector working groups and thematic working groups which form the building blocks towards decision making with the overall decision making body being the Water and Environment Sector Working Group (WESWG). These groups have representation from all stakeholder categories including NGOs. Uganda Water and Sanitation NGO Network (UWASNET) represent CSOs in all decision making. Its members play a key role in generating appropriate issues for dialogue as well as carrying out studies which inform policy direction.

2.0 Problem Statement

A number of baseline studies have been conducted describing the sanitation conditions of Kampala and it is basing on these that the RC of Kamapala-Nasambya derived this proposal. The sewerage system in Kampala only covers part of its central business district and it currently serves less than 8% of Kampala’s total population. The rapid growth and informal status of the densely populated slum areas of Lubaga Division, have resulted in low levels of sanitation services. In most of Lubaga Division’s slum settlements, access to water and sanitation services possesses a toll order challenge for the urban poor. Sanitation coverage is still poor among most slum dwellers, 40% still unable to use safe latrines². In addition, the average number of households using a toilet stance were only seven (7) i.e. 42 people per toilet stance and the households having access to ideal toilet facility were at 6.2% by 2009³. School sanitation coverage is as low as 32% with the pupil to

²Uganda Demographic and Health Survey 2006

³Kampala Water and Sanitation Survey 2009

stance ratio estimated at 200:1 instead of the desired national average of 40:1. Hand washing is estimated at only 12% which is far below the desired national average of 22%⁴.

Apart from lack of recognition, these communities also tend to be ignored by municipal authorities that find themselves overwhelmed by the informal settlements' sheer numbers, and whose needs far outstrip the capacity of the local planners and government. Considering Lubaga Division's location in Kampala, majority of the poor settlements are not connected to the sewer network. As a result, the bulk of the people rely on poorly managed on-site sanitation as their main solutions. This has contributed to high incidences of water and sanitation related diseases, such as cholera and diarrhea.

2.1 School Sanitation

Narrowing the school sanitation problem further demonstrates that girls are worst affected. Findings from a case study that involved 300 primary school girls showed that 94% of the girls faced a number of problems at school during menstruation. For instance, three out of five girls (61%) reported staying away from school. Majority of the girls reported lack of poor WASH facilities such as inadequate water for washing, lack of soap, lack of washrooms and sanitary material, lack of sufficient privacy and non-functioning or insufficient toilets. To improve the situation, 94% of the girls interviewed mentioned that they needed to be taught facts about menstruation, but also educate the boys. Four out of five girls said that more facilities are needed for girls and that the facilities should be kept clean (IRC, 2006). Besides, "The current policy on gender in the education sector is not strong enough to address the needs of girls when they are in school," as disclosed by SNV-The Netherlands based organization, published in the New Vision newspaper dated August 7, 2014. Many girls mention problems they face using toilets without privacy from peers and to dispose the used sanitary towels. Right from the home cultural background, the boys look at menstruation as taboo and therefore often tease the girls.

The other problems of school sanitation include the lack of appropriate drainage of grey water from the school kitchens. The schools are also challenged by lack of appropriate fuel options for cooking children's meals besides use of firewood which is not only difficult to get, but also environmentally destructive. This project will seek to improve environmental sanitation for schools through promotion of appropriate drainage facilities to

⁴ Ministry of Water and Environment, Joint Sector Performance Review 2009

rid the school environment of grey water from the kitchens as well as fuel wood saving technologies that are energy efficient and reduce smoke.

One organization called Community integrated Development Initiatives, CIDI, is leading in championing sanitation and menstrual hygiene management in schools by engaging both boys and girls in good practices of MHM, involving science teachers in schools, SMCs and local leaders. The RC of Kampala Nsambya hopes to work with this organization and draw lessons from them.

3.0 Socio-economic characteristics of the target population

Lubaga is a fast growing Division with an estimated population of 344,752 by 2010, now likely to be in the region of 380,000 people. Of the 5 Divisions that comprise Kampala District, Lubaga Division has the highest population according to results of the 2008 demographic and household survey report. The Division has an average population density of 8,938 people per square kilometer, the highest in Kampala District. The residents of the Division are of a mixed culture of which the Buganda tribe dominates and the most commonly used language is Luganda. More females (56%) than males (44%) characterize the population of Lubaga Division⁵.

Statistics from the Division Development Plan 2010-20 shows that about 34% of the land constitutes built up areas concentrated especially within the trading centers of Bakuli, Mengo, Nakulabye, Nateete, Ndeeba, Kasubi and Najjanankumbi. About 40% of the land is under commercial use, while 10% constitutes un-developed land. The rest (5%) constitutes wetlands and water bodies. The biggest slum wards constitute of Nakulabye (19,126 people), Kasubi (43,387 people), Ndeeba (16,480 people), Nateete (24,800 people), and Lubaga-Nalukolongo (21,787 people). These house 30% of the whole population. The project shall be undertaken in 3 wards of Lubaga-Nalukolongo, Nakulabye and Kasubi.

Poverty is a common denominator in Lubaga Division as is the case in many Kampala's informal settlements. This partly explains the failure of the communities to put up decent sanitation structures for themselves and schools. The population in slums is comprised mostly of those who strive to make a living out of the urban wider economy through informal activities. Majority of the residents are engaged in petty trading and casual manual work. Surveys carried out by recent consultancy assignments by CIDI in 2010 while undertaking the Kampala Urban Poor Project established that almost

⁵The actual numbers will be updated based on the Population Census currently in advanced stages of commencement

40% of males and 49% of females were engaged in small-scale informal activities and businesses with incomes ranging from \$ 3 to 5 per month, earned on a day to day basis.

According to official statistics Ministry of finance planning and economic development (MoFPED 2010), about 35% of the residents survive on less than \$1. This situation has serious implications on ability and willingness to pay for not only improved piped water services by residents in informal settlements but, also all other social services and gives great prominence to the usage of unimproved alternative water source and sanitation options.

3.1 Gender aspects

Equity and inclusion are some of the golden indicators set up by the Ugandan Government and monitored under the WASH sector performance review annually⁶. Besides being some of the key indicators, women and children bear the brunt of sanitation if the systems are not working⁷. Girls and women often times fear to take up leadership positions in the presence of their male counterparts. Also culture many times limits women's participation into development work. Aware of these challenges and limitations for women, the project proposes to include a session on gender awareness to ensure that women/girls roles are appreciated in the project. For these reasons, the project will keep gender at the forefront in five ways:

- a) The project proposes that all technologies will be gender sensitive. All toilet designs will ensure that girls use the facilities without inconvenience.
- b) To ensure that all approved technical designs are gender sensitive and the project implementation committee will ensure that all designs have separate toilet stances for the girls and boys as well as urinals before they can be approved.
- c) Encouraging girls to take up key decision positions on all committees/SHCs and these will at least include the positions of the chairperson, treasurer, vice chairperson, to mention but a few.

⁶ Ministry of Water and Environment; 2nd GOU/Donor Joint Review of the Water and Environment Sector 2010

⁷WaterAid (2006) Getting to the Boiling Point

Table 1: Contacts in existence with other organizations that are already supporting or would like to support this work [financial, human or consultancy inputs]

No.	Name of organization	Contacts
1.	Uganda water and sanitation NGO network- (In areas of information sharing)	+256 414 223 135
2.	MMB construction Company ltd (Construction Technical support)	+256 772 693 476
3	Kampala Capital City Authority (information sharing/policy enforcement)	+256 414 564 334
4.	National Water and Sewerage Corporation(Water Connections)	+256 772 486 350
5.	Network for water and sanitation (information sharing and documentation).	+256 414 577 463
6.	Water for People (technical and information sharing)	info@waterforpeople.org

4. THE PROJECT

4.1 Project Goal

To contribute to improved study environment through WASH innovations and menstrual hygiene conditions of at least 10,000 pupils in 10 schools in 3 slums of Lubaga Division by March 2017. The targeted wards are Lubaga-Nalukolongo, Nakulabye and Kasubi due to greatest need.

4.2 Objectives

1. Increased awareness and access to WASH facilities for 10,000 pupils in 10 schools in 3 slum areas of Lubaga division through establishment of innovative WASH facilities by 2017.

2. Increased capacity of 10,000 school children, 200 teachers and local leaders to manage and sustain WASH facilities in the 10 selected schools by 2017.
3. Innovative Menstrual Hygiene Management (MHM) attained in the 10 targeted schools by 2017.

4.3 Project Activities:

Activities to Achieve Objective 1: Increased awareness and access to WASH facilities for 10,000 pupils in 10 schools in slum areas of Lubaga division through establishment of innovative WASH facilities by 2017.

The activities under this objective aim to tap into using school children as change agents for better water, sanitation and hygiene behavior in their schools where possible their homes at the same time encouraging schools to prioritize sanitation so as to achieve better educational goals. It also seeks to increase access to water, sanitation and hygiene services to 10,000 pupils in 10 schools in Lubaga division through construction of improved WASH facilities. The activities include the following;

1. Project launch and signing MOUs with the participating schools and the division authorities to undertake roles in implementation.
2. Sensitization of the 10,000 pupils, 200 teachers and local leaders about school WASH
3. Formation of 10 school health clubs and carry out trainings on school WASH related issues.
4. Support school clubs to conduct follow up trainings and sensitizations about WASH in the schools and their homes
5. Production and sharing of IEC materials that promote school WASH and MHM as well as conducting promotional radio talk shows.
6. Support schools to conduct drama shows that promote school WASH through school competitions.
7. Support the 10 schools with sanitation working tools to conduct school clean ups and sanitation improvement

8. Development of gender friendly WASH designs, mobilization of school contributions towards construction facilities, negotiation for subsidies from the manufacturers and NW&SC.
9. To support the schools to establish 7 incinerators in selected schools for hygiene promotion and mobilization for construction sites for the WASH facilities.
10. To construct 10 improved power flush toilet facilities in schools according to KCCA standards and support them with 10 rain water harvest tanks fitted with hand washing facilities, and school kitchens with innovative energy saving cooking stoves with chimneys and drainage for grey water

Activities to Achieve Objective 2: Increased capacity of 10,000 school children, 200 teachers and local leaders to manage and sustain WASH facilities in the 10 selected schools by 2017.

The activities under this objective aim to enhance the capacity of the 10,000 school children, 200 teachers and local leaders to manage and sustain WASH facilities in the 10 schools. Activities will include;

1. Mobilization and formation of school health clubs and school management committees SMTs to take on the role of O&M of established structures
2. Training of school health clubs and school management committees SMTs in O&M of established structures
3. Development and dissemination of School WASH O&M manual to facilitate trainings
4. Formation and strengthening of school monitoring systems and structures
5. Support school O&M committees with working tools and linking them to trained local masons.
6. Linking School O&M committees to the division Local government for further support and sustainability.

Activities to achieve Objective 3: Innovative Menstrual Hygiene Management (MHM) attained in the 10 targeted schools by 2017.

The activities under this objective aim to raise awareness amongst the girls and boys, schools teachers, local leaders and parents at home on issues of WASH and MHM. It also aims at raising awareness on gender and as well as the need to provide for special consideration for the girls whenever necessary. The activities include;

1. Sensitization of 10,000 pupils in the 10 schools on Menstrual Hygiene Management including distribution and use of re-usable sanitary pads
2. Conducting sensitization of on gender roles for all boys and girls, local leaders in target schools and gender prejudices that stigmatize girls and MHM
3. Production and distribution of IEC materials on gender and MHM and documentation of best practices for further learning and sharing.
4. Support school clubs to conduct follow up trainings and sanitizations about gender roles and MHM in schools and own homes
5. Organize gender promotion, role plays, drama competitions, exchange visits and support the clubs with equipment.
6. Taking into consideration the special needs for the girls during designing, construction and use of WASH facilities as described in objective 1 above.

5.0 Intervention Strategies planned

The intervention measures that are to be carried out are aligned to the objectives. As listed above the activities belong to two categories; hardware and software. Below is a synopsis of the project intervention measures leading to each objective. A detailed Logical framework has also been developed that indicates objectives, outputs, activities, indicators, means of verification and assumptions.

5.1 Interventions to Achieve Objective 1: Increased awareness and access to WASH facilities for 10,000 pupils in 10 schools in slum areas of Lubaga division through establishment of innovative WASH facilities by 2017.

5.1.1 Project Launch

The project will be officially unveiled to the targeted beneficiaries/stakeholders and the earmarked activities clearly explained. The project will be launched at the Division and the respective wards of operation. This will be targeted at keeping all the stakeholders informed about the commencement and progression of the project. There will be signing of MoU with clear provisions of the roles and responsibilities of the various stakeholders involved, schools, division administration etc.

5.1.2 Inception/Introductory meetings

These shall be carried out at three main levels i.e. District, Division and at ward levels where the target schools are located. The purpose of these meetings will be to create awareness about the project, streamline the structures through which the project will work, map out the centers of power and to identify the key stakeholders. This will be hand in hand with suggesting ways of collaboration with the schools and SMTs to implement the project. It is also important for beneficiaries and other stakeholders to identify with the project from the onset thus ensuring a smooth flow of progress besides understanding their roles and responsibilities.

5.1.3 Training and develop IEC material on WASH related issues & behavior change.

In order to facilitate management and to cascade information, a range of IEC materials and training manuals on WASH and MHM will be developed. A number of training workshops will be conducted to operationalize the manuals. In addition radio talk shows will take place. IEC materials will be produced with clear and simplified WASH behavioral and attitudinal change messages. The I.E.Cs will help in information capture and sharing, an information kit (Training manuals) together with various IEC materials like posters, brochures, and T-shirts will be produced to depict various messages related to water and sanitation promotion and citizen rights. These Materials will be simplified and translated into local languages of the targeted population.

5.1.4 Conduct meetings to sensitize/train Communities on good and effective hygiene and sanitation practices

The target communities will be sensitized on the dangers of poor hygiene and sanitation and on advantages of good sanitation and hygiene. The content of the training will include: Society behavior, policies on wash, waste management, proper usage and cleaning of WASH facilities, roles and

responsibilities of facility users, clean water cycle and proper hand washing practices. Emphasis on the Fecal Oral Routes and the safe water chain will form the basis for prioritization of behavior change. Action plans will be developed and these will provide the basis for the periodic monitoring over the project period.

5.1.5 Radio programs

The radio program will be one of the channels to help amplify the children voices/issues and concerns that relate to WASH and MHM in their Schools. If the children will be given the platform, it is presumed they will have the power to make their leaders, local government and service providers more accountable to the decisions they make thereby leading to improvement of their condition. The project in partnership with the identified Radio station will promote public engagement thereby creating space for school children and teachers to debate policy issues that affect them. Besides, the project together with the journalists will go to the schools and record members' voices expressing their concerns and present them in studio or to concerned people for action.

5.5.6 WASH facilities for Schools.

The project will implement hardware innovations which will ensure sustainable menstruation hygiene management and effective sanitation intervention at each of the selected schools. The hardware facilities to be constructed shall be as follows: (i) 7 of the schools will be supported with an incinerator for storage or collection of girls menstruation related materials, (ii) Improved cooking stoves with smoke chimney, drainage channels, for the grey water from the kitchen. (iii) 10 water tanks for harvesting rain water or storage of National water. (iv) In addition there will be construction of 10 power flush toilets in the Schools; (iv) The selected schools (those that can afford) will be linked to National water for installation of the prepaid meters, a new innovation for more cost effective handling of water services at schools. All the above will be provided after the schools meets the set criterion as stipulated by the program in liaison with the school management, KCCA, NWSC and other relevant stake holders. In total, 10,000 pupils will benefit from these interventions alongside their 200 teachers.

5.1.7 Handover of facilities

The WASH facilities will be officially handed over to respective schools upon completion and a certificate of completion handed over. This will help to

avert any queries of standard of works because the stakeholders will attest to the quality and approve of the final piece of work but also taking care of issues to do with transparency and accountability.

5.2 Interventions to Achieve Objective 2:

Increased capacity of 10,000 school children, 200 teachers and local leaders to manage and sustain WASH facilities in the 10 selected schools by 2017.

5.2.1 Facilitate school health clubs to undertake routine sanitation and hygiene improvement campaigns at school and community level

The project will support schools with start-up cleaning tool kits. These will include working tools like spades, wheel barrows, rakes, hoes and gumboots to foster clean ups. Each school will draw schedules for general clean ups of their school before accessing this support. Schools not in position to undertake these clean ups/sanitation and hygiene improvement drives including use of participatory theatre (music dance and drama) will not be supported. The project will follow the schedule and ensure that supported schools participate in the general cleaning of their WASH facilities and environment. The children will be encouraged to transfer these practices to their homes.

5.2.2 Establishment of functional O&M structures and trainings

The project in collaboration with the Science teachers will form and train the school health clubs and school management committees to monitor and maintain the WASH facilities and ensure that they are used properly. Emphasis will be put on good repair and maintenance of the facilities. This will be done through; ensuring that the formed user or management structures are carrying out their duties, impart knowledge of O&M issues and equip them with user friendly IEC materials that will have been developed in this project. The training will also tackle issues of rain water harvesting as an alternative access to water for hand washing and other domestic purposes to reduce on the cost. To achieve this, the project will facilitate sensitization workshops in operation and maintenance of WASH facilities. Major topics in the O&M training will include: Roles and responsibilities of HCs, SMCs, gender awareness, effective monitoring, WASH policy interpretation and use, record keeping and financial management.

5.2.3 Interventions to achieve Objective 3:

Innovative Menstrual Hygiene Management (MHM) attained in the 10 targeted schools by 2016.

The project will involve the preparation of the ToT for school science teachers who will also act as school health club coordinators. The content of the training will include conducting practical trainings for girls and boys in Menstrual Hygiene Management (MHM); sexual reproductive health, personal hygiene, proper usage and disposal of sanitary towels, and making re-usable sanitary pads. In the schools the software that will be carried out shall comprise of; identification of the beneficiary schools, formation of school health clubs, training of Child To Child(CTC) coordinators, production of IEC materials like t-shirts, compound messages (talking compounds), publications and carrying out school competitions. The schools shall further engage in composing of role plays and drama as well as carrying out exchange visits amongst the schools to help the institutions benchmark from each other.

A School Health Club (SHC) is a school body comprising of representatives of the school management, teachers and some pupils, which commits itself to implementing hygiene and sanitation activities in the school. It is important to note that a SHC is the implementing arm for hygiene and sanitation in a school whereas the School Management Committee SMC is the planning and policy making body for sanitation and hygiene in a school. In determining of composition, it is important to have representation of; the school management, teachers and pupils on the SHC committee such that there is a concerted effort in addressing WASH related issues. The SHCs formed in this project will comprise of science teachers (as patrons), senior women, all prefects, all class monitors and all teachers. The project intends to carry out school related activities to use the children as change agents and influencers at school, home and the community in general.

Available experiences indicate that school children have through music, dance and drama educated their peers and the adult community on attitude and behavioral change in WASH. This has been in addition to their participation in sector events like sanitation and world water day events. Therefore activities will revolve around sensitization, music and drama competitions (water and sanitation galas) where the project shall work with at least 2 schools from each ward/ward. In the selected schools, SHCs will be created and trained to continue furthering the skills of WASH and MHM.

The main aim of forming and strengthening SHCs and committees is to promote and maintain behavioral change towards good hygiene practices and proper use and maintenance of hygiene and sanitation facilities in schools. Children are more receptive to new ideas and practices and therefore provide a suitable opportunity to introduce knowledge and habits at an early age hence making good future citizens and enabling reduction of water and sanitation related diseases. This will be evidenced if continued participation of children in voluntary clean ups within their environments attracts the attention of the general community, and then children can be the catalyst for positive change in their schools, household and community.