

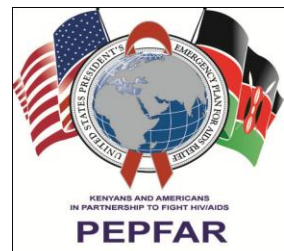
# UON - CENTRE FOR HIV PREVENTION AND RESEARCH (CHIVPR) MARPS PROJECT

Expanding choices beyond sex work

RUIRI HOPE CBO – MERU

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# Introduction

- The University of Nairobi CHIVPR - CDC funded MARPs project is providing a comprehensive HIV package for KPs in 10 DICEs including Meru DICE since 2011.
- The package includes **biomedical, behavioural and structural** components. The structural component was later strengthened to give the peer-led groups some income generating activities to expand their choices beyond sex work.
- The purpose of initiating choices beyond sex work was to reduce their heavy dependence on commercial sex and the risk of HIV infection or re-infections for those already infected.

# Design

- Formation of peer-led groups with leadership structures
- Follow-up of clients on care to ensure adherence
- Peer education on PHDP messages at least 2 messages per meeting
- Recruiting and training peer leaders
- Expanding choices beyond sex work

## Background information about Ruiru Group

- Ruiru Hope is one of the well developed groups on Income Generating Activities(IGAs). It was initially formed as a large group of mixed open cohort known as Bandilisha - for behaviour change. Later those who tested HIV positive formed their own PHDP group known as **Ruiru hope** and registered with the mandated government ministry in November 2011 as a CBO. The reason for separate registration was to protect the confidentiality of PLHIV MARPs. It has a membership of 37 FSWs. All group members are living with HIV.

# Ruri Hope CBO registration certificate

Renewal	Date	Stamp/Signature
1st	18/11/2011	
2nd	18/11/2012	
3rd	18th NOVEMBER, 2013	
4th		
5th		



Certificate No. 260897

Republic of Kenya

**MINISTRY OF GENDER, CHILDREN & SOCIAL DEVELOPMENT**

**Certificate of Registration of Self-help Group/Project**

*This is to Certify that*

.....  
RURI HOPE MARKET SELF HELP GROUP P.O.BOX 2233 MERU.  
Group Name

.....  
IN/308/2011/2012  
Registration No.

.....  
18th November 2011  
Date of Registration

.....  
KAMUTUNE  
Sub-location / Ward

.....  
RURI  
Division

.....  
RURI  
Location

.....  
NORTH IMENTI  
Constituency

.....  
IMENTI NORTH  
District

**is registered with the office of the District Gender & Social Development Officer (DGSDO) as a Self-Help Group/Project**

.....  
DEPARTMENT OF GENDER AND SOCIAL DEVELOPMENT, UASIN GISHU DISTRICT  
For District Gender & Social Development Committee

.....  
18/11/2011  
Date of Issue

.....  
IMENTI NORTH DISTRICT  
District



**ARAMBEE**

**Note:** The Contents of this Certificate should not be erased, altered or defaced in any way.

# Objectives

The objectives are to:

- Provide leadership in HIV prevention, treatment and care through a peer-led system.
- Stimulate a hypnotic positive peer pressure in saying “*no to unprotected sex*” and other risky behaviours.
- Expand choices beyond sex work.
- Insist on 100% condom use.
- Mitigate and manage sexual Violence.
- Manage rape and condom burst to prevent re-infections, STI and pregnancy
- Encourage them to live positively with AIDS

## Objectives Cont.

- Strengthen Positive Health Dignity Prevention activities in the area using the national guidelines (13 PWP messages)
- Reduce HIV Stigma for all PLHIV
- Inspire Hope for all members through education, experience sharing and economic empowerment.

# Ruiri group HIV related activities

- **Health education for members on:**
  - ✓ Appropriate nutrition
  - ✓ STI prevention
  - ✓ Re- infection prevention through PHDP activities
  - ✓ HIV testing and re-testing for children below 15Years and partners
  - ✓ Drug adherence
  - ✓ Disclosure to partners
  - ✓ Reproductive health including dual family planning
  - ✓ Condom demonstration, negotiation and use
  - ✓ Home visits and follow-up for those on ART



# Methods of gathering the data

- Peer leaders reports
- Group minutes
- Observations
- Self reports

## Reasons given for not using the condoms always before joining the IGAs activities

- “Some clients’ doubled the payment if it was *nyama Kwa nyama* (without condom) and I didn’t have any other source of income” .
- “Sex with a regular partner”
- “Fear of my children and myself sleeping hungry”
- “Sometimes I was very drunk and unable to insist on condom use”.

# Ruiru Hope group development

- The group has evolved from a simple HIV support group with Zero savings to Ksh 500,000.
- The group is now able to provide up to Ksh 20,000 loan for members and non-members.
- The group has a bank Account at Family bank.
- Acc .Name – Ruiru Hope
- Acc. Number - 063000031793
- Meru Branch

# Results of Choices beyond sex work

- Members contributions
- Merry- go- round
- Table banking
- Loan interests from both members and non-members
- Beadwork, soap making and other detergents
- Poultry and dairy goat rearing
- Government loans – women enterprise fund now paying back Ksh 100,000 from women enterprise fund at 3 %

# Results of Choices beyond sex work cont.

- Has benefited from Ksh 130, 000 from Uwezo fund -cheque delivered in early December 2014 by area Member of Parliament and County women representative
- A Posho mill worth Ksh 150,000 donated by a partner FHK awaiting installation by the group, they also require a 3 phase electrical line.

# Results of Choices beyond sex work cont.

- Reduced dependency on sex work and number of sex partners
- 100 % condom use- through self reports
- No STI reported for anyone for the last one year in this group
- Some of the group members have confessed complete abandonment of sex work and adoption to alternative livelihood ( IGA)

# Results of Choices beyond sex work cont.

- Abandonment of changaa brewing, intake and increased adherence to medication with no lost to follow
- Improved quality of life and self esteem
- Able to educate their children who remain in school

# Results of Choices beyond sex work cont.

- “I have money now and there is no fear of not being able to pay my house rent, sleeping hungry or losing a client”.
- “I can survive without sex work now”.
- “I use condom always with all clients and I have no fear of getting STI or getting unintended pregnancy”.
- “I suspect those who want to double payment and persuades me not to use condom wants to re-infect me” and so, I only offer services to clients willing to use condom”.



# Some products made by Ruiiri hope members for sale





# Some of the products of the Ruiru hope group for sale

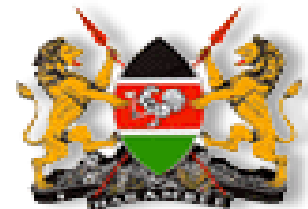


# Conclusion

- We have shared with you about one of our peer-led approach in HIV prevention and management
- Ruiru hope group is one of the four PLHIV FSWs groups in Meru MARPs project
- IGAs or expanding choices beyond sex work reduces the risk of STIs and by extension HIV transmission thus reduction of viral load is assumed.
- All sex workers should be given an opportunity to engage in choices beyond sex work.

# Appreciation

- To CDC (funding agent), National AIDS Control Council (NACC) , National AIDS & STI Control Programme (NAS COP), Ministry of Medical Services ( MOMS), Ministry of Public Health Services (MOPHS), Ministry of Internal Security ( MIS), Office of the President( OP), Ministry of Gender Children and Social Services( MGSS).
- The community in general for their support
- Key populations. Without them there is no programme!



- ASANTE

- *THANK YOU*

## ***DISCLAIMER***

**The findings and conclusions in this paper are those of the author(s) and do not necessarily represent the official position of the funding agencies/U.S, Centers for Disease Control /Government of Kenya.**