

# Well Good



## Improving access to safe water, sanitation and hygiene in Community Based Childcare Centre's

Submitted by:  
Matt Bloomer  
Pump Aid  
Development House  
56-64 Leonard Street, London  
EC2A 4LT  
Email: [mattbloomer@pumpaid.org](mailto:mattbloomer@pumpaid.org)

## Introduction and context

In 2016 Well Good awarded Pump Aid a grant of £3,500 to provide clean water, improved sanitation and hygiene to a Community Based Childcare Centre (CBCC) in Malawi. This report will provide the company with an overview of the work that has been carried out over the last few months in the CBCC known as My Journey.

Malawi is one of the poorest countries in the world (ranking 174 out of 187 on the UN's Human Development Index). It has a high rural population and poverty is concentrated in rural areas where 43% of the rural population subsists on less than \$1 per day. At least 2.8 million rural Malawians live without an improved water source, leading to disease, poverty and economic exclusion.

Malawi has 8,917 CBCC's (Action Aid 2013) where children between 3-5 years spend at least half their day, yet they often do not have access to water, or adult or child friendly latrines. While there has been a large focus on school WASH in recent years, CBCC's have not received anywhere near the same financial and program focus. 63% of CBCC's provide one cornmeal feed a day, however even this falls seriously short of meeting the nutritional requirement needed by a growing child (AA 2013). Project design meetings with the local District have shown that out of 374 CBCC's in the district only 14 have child friendly latrines and only 2 have potable safe water on site. A similarly low level of capacity to look after the children exists amongst care givers.

## The Project

### *Site Identification*

To identify the most suitable sites for this project, Pump Aid worked with the local government and communities to target a CBCC that was lacking poor water and sanitation. In the CBCC the children were using an open shallow well and there no toilets so children and care givers had to share or had been forced to defecate openly or in the bush with major consequences for ill health.

In the CBCC's, children often got ill from waterborne illnesses such as cholera, diarrhoea and there were frequent complaints of stomach pains. Due to frequent illnesses attendance was low and parents were reluctant to send their children to the CBCC.

### *Pump and latrine Construction*

Having identified My Journey CBCC had the greatest need, the Pump Aid team worked hand in hand with the CBCC to construct and install the pump. Pump Aid held meetings with the CBCC (care givers and parents) to discuss and review its needs and formulated a plan on how the surrounding community would participate in the project, to clarify mutual expectations and to agree the sites where each pump would be of greatest benefit. A total of 24 (18 females and 6 males) people attended the meetings.

Community-based builders were involved in both well preparation and pump construction. The community also contributed to the project with labour and simple materials, such as sand and burnt bricks. This indication of community cohesion and enthusiasm was generally one of the preconditions for selecting the CBCCs.

The completed pump now supplies water to all the children who attend the CBCC. Full details can be found in the table below:

CBCC	DISTRICT	girls	boys	Caregivers	Total
My Journey	Blantyre	53	59	4	116

2 Double ventilated improved latrines (one each for girls and boys), 2 urinals (one each for girls and boys) and 4 handwashing facilities - one each outside the girls' and boys' latrines and two fixed near the kitchen for handwashing before and after taking food - were also installed.

This project also has a number of indirect beneficiaries as the parents of children attending the CBCC and any siblings will also benefit, along with surrounding community members. Due to the sustainability of the facilities, future intakes will also benefit from the clean water provided.



Completed latrines at My Journey CBCC

Local masons supported Pump Aid in the construction of the latrines and communities again contributed bricks and sand in order to construct them. The latrines have built-in hand washing facilities fitted with taps. Extra buckets have been provided to ensure that every child visiting the latrine washes their hands before interacting with other pupils.

### *Maintenance Training*

A water point committee at the CBCC has also been set up which is made up of parents and care givers. We encourage equal numbers of men and women on each committee where possible. The role of the water point committee is to maintain the water point by providing technical support.

A 2-day Pre-drilling training for the water point committee (11 members including 4 males 7 females) was conducted. The training covered pre drilling activities such as siting, community involvement and participation, governance/leadership, resource mobilisation, hygiene and sanitation management.



Training taking place

After installation of the pump, a post drilling training, commonly known as Community Based Management training was conducted. This 3-day training was aimed at preparing the Centre management committee on how to manage the facilities. Some of the topics covered included formulation of by-laws for the running of the water point, fundraising, operation and maintenance of the system and hygiene and sanitation.

This provides the committee with vital on the job training, giving them the skills needed to carry out simple maintenance tasks, while giving them the capacity to maintain the pump in the future.

The CBCC has seen members from the surrounding community using the pump for household purposes and each Water Point Committee has begun charging a small fee for this. The committee has so far raised MK5,000 (roughly £7) and this money is saved in a Village Savings and Loans Scheme and is then used if and when the CBCC needs to carry out any repairs. Pump Aid has also provided details of local businesses stocking spare parts and contact details of Local Area Mechanics in case the CBCC needs their services.

### *Hygiene and Sanitation Behaviour Change*

Triggering sessions took place which illustrated the direct link between open defecation and contamination of food and water. This involved discussion and demonstration sessions making the link between poor hygiene and sanitation much more tangible than simply telling people what to do or educating them about germs. The sessions shock children, parents and caregivers stimulating shame, disgust and fear that arrives from the realisation that continued practices such as open defecation has harmful effects on them, their children and neighbours. In the triggering sessions, the CBCC showed a strong understanding for better hygienic practices and committed to reverse the situation.

The triggering sessions were wound up with the selection of natural leaders from among the community members and caregivers themselves who would act as advocates and lead the change process. Pump Aid carried out follow up sessions with the CBCC to reinforce understanding, skills and ambitions. The CBCC also committed to become open defecation free, which has recently been achieved.

### *Kitchen Garden*

A kitchen garden was also set up to provide additional food to the CBCC. Pump Aid provided the initial seeds for the kitchen garden and the CBCC has planted seeds ready for the rains that have just arrived. Crops grown Mustard, Amaranath, Okra, Pumpkins, Tomatoes. Currently children are eating supplementary food from the kitchen gardens.



Watering Kitchen Garden

## Summary

With the support of the Well Good, we have changed the lives of 112 children and 4 caregivers through the provision of sustainable sources of clean, safe water which are easy to access, improved sanitation and hygiene education. We have also given the CBCC where we have worked the skills and knowledge to maintain their water source, ensuring it is sustainable and long-lasting.

Indirectly an estimated 200 people surrounding the CBCC have benefitted so far from the hygiene and sanitation work that has been carried out in their communities. The improved health and nutrition of the CBCC in this project and the resulting reduction in waterborne diseases will reduce pressure on local health services, increasing the availability of clinicians and hospital beds for other communities. In addition, the use of surplus water for irrigation will improve food security and increase the availability of fresh food for the CBCC. Most significantly we know that once an individual CBCC has improved its life chances by access to safe water and the achievement of open defecation free status there is an upsurge among surrounding villages who are motivated to emulate their neighbours and to demand that these services are replicated in their communities as well.