08\_250501.mp3

Interviewer:So what i want to understand is in this life of yours and your opinion regarding health , how water and food interconnect and go together and i will ask you questions on that and how they go together and you will give us your insights and what matters here is your opinion and you are the one who understands your life better since i am not from this place i am from Nanyuki so i might ask you questions that are very obvious and you might even wonder but just answer according to how you think or rather your opinion.

So what we will do is draw a map like this to show health interconnects with the livestock and for example if you use the borehole this and that is what happens during the drought and rainy season and then you will tell me the magnitude of the connection or the relationship between each For example if its very strong i will write three and if its happens so many times for example like the rain if when the rain comes is when diarrhea is occurring most we shall write three if not every time then we shall write 1 and we shall go with your pace once you feel overwhelmed you will let me know or if you feel like not wanting to continue you will still lemme know .( explaining on what the interview entails )

Interviewer: What is your name again ?

Respondent:my name is Midina Godana.

Interviewer : You are the secretary of the women’s group?

Respondent: Yes i am

Interviewer: And we are in Balesa Saru?

Respondent: yes

Interviewer : So our first question is what are the day to day challenges that you are facing in your life ?

Respondent : the first thing is drought , We are pastoralist and when the drought comes our animals lack pasture and water to feed on and their bodies does not function well unlike when there is rain and when we sell it doesn’t fetch good prices like other times since the animals are weak .

Interviewer: So you said when the drought comes you sell your animals and yet they are weak do doesn’t it mean people don’t buy it or they buy it at a throw away prices ?

Respondent:They are bought at a throw away prices which we don’t want.

Interviewer: Do you fail to sell them in such a situation or you just sell anyway?

Respondent: We just sell because we don’t have otherwise and we don’t have other sources of livelihood like the farms .

Interviewer: You said once it rains there is plenty of pasture and water for the livestock?is it only that this animals are fat or healthwise too they are good?are there diseases that comes during such times?

Respondent:The diseases too are there like for instance a certain skin disease comes to the goats which are similar to measles in human.

Interviewer: Why do you go to sell the animals?

Respondent So as to buy get money to buy food and pay school fees .

( sirimon writing down )

06:44-06:59

Interviewer: What type of food do you buy ?

Respondent:There is no vegetables in this area so basically we buy things like rice , maize ,maize , beans sugar and cooking oil .

Interviewer: And when you fail to sell the goats or when the goats get sick and selling during such time means selling it at a throw away prices does it mean you fail to buy the food or you buy little ?

Respondent: before the drought selling one goat goes for six thousand it drops upto 2000ksh or even 1500 during the drought so that means we buy just few food and take other things on debt from the shops So that we can pay during the rainy season when the animals get fat.

Interviewer: So when there is no rain you ask for food on debt?

Respondent: Yes

Interviewer: And that means when you stop getting that money later becomes tough ?

Respondent:During the drought money becomes an issue because the animals have died because of hunger and the few that have remained have become thin and malnourished because of hunger and in such situations it becomes hard to sell them .

Interviewer: Who decides on selling the animals is it the man or you as the wife ?

Respondent: its my husband’s that makes that decision and once he sells the animals he gives me the money to buy the food .

Interviewer: So when you lack the money is when you go to the shop to get food on credit?

Respondent: Yes from the shop on debt.

Interviewer: Do you own a shop yourself or its others?

Respondent: I don’t have shop .

Interviewer : Would you love to open one ?

Respondent: Yes i would love to but the problem is the funds to open the shop .

Interviewer: What other things do you do to survive the drought ?

Respondent:one is the animals as i said earlier , second is there is scarcity of the water during the drought .

Interviewer: So this is water for human consumption ?

Respondent: yes for drinking because we use the shallow well and when we go to fetch we are told that the water belongs to the goats and its not even enough for them.

Interviewer: is this shallow wells the one that you go to drill near the lagaa or is it the ones that have the lids ?

Respondent: Some have lids and others doesn’t and its the one that uses solar that has lid.

Interviewer: So thats a shallow well and not a borehole ?

Respondent: It was first drilled as ( not clear 12:28 )but placed those cements as shallow well and they later put a certain machine for pumping .

Interviewer : and so its that water that gets upto here?

Respondent: Yes although during the drought the water doesn’t come because it dries up .

Interviewer: who built you the one that uses the solar ?

Respondent:its an NGO project called SIFA but the other one is from the mission .

Interviewer: but it has not been closed with a lid yet ?

Respondent : it has been sealed at the top . Both have been sealed at the top .

Interviewer: but you said there are some that have not been closed ?

Respondent: The one that have not been closed is for the animals .

Interviewer: So there is no human beings that drinks water from it?

Respondent:Even human beings drinks from it especially from the reserve areas but the one that has been enclosed is for the town area and it was closed by the church and the other ones are not for the church its for the community.

Interviewer: So the water that you drink is from the closed shallow wells?

Respondent:Yes but it doesn’t have water during the drought season and it completely dries up during that time of the drought .

Interviewer: Does the three dries up at the same time during the drought season , even for the livestock?

Respondent:yes for both the water level drops .

Interviewer: is the water clean ?

( someone interupts the interviwee from outside)

Respondent:its not clean its dirty because of the holes under it and the water is salty and becomes difficult to drink .

Interviewer: Do you feel at any moment when the salinity of the water drops or raises?

Respondent: During the drought season the salinity drops and during the rainy season it raises . Because the water raises and the salinity shoots up too.

Interviewer: i heard that there are people who goes to the Lagaa when it rains to fetch water why so ?

Respondent: For the shallow wells the ones that have not been covered is dirty and this other one for the project is salty so they go to the Lagaa to drill and drink because its fresh and still its dirty .

Interviewer: So because the water is not clean people are not pushed to drink the salty water ?

Respondent: Some people treat the water before drinking although others don’t.this lagaa flows from here all the way to there and it collects all the dirt including feaces and people do not care still because this other water is salty .

( interviewer writing down some points)17:13-17:54

Interviewer: And about that water of the Lagaa is it nearer than the shallow well?Are there people that prefer the lagaa water because of its close proximity to the residentials?

Respondent: Yes but only during the rainy season but during the drought they all go to the shallow well.

Interviewer: What happens when people drinks the water from the Lagaa?

Respondent: they diarrhea and even in the morning when i went to the hospital i saw children vomiting and diarrhea . So during the rainy season it becomes a problem because of drinking the Lagaa water .

Interviewer: So the water from the shallow well is good? And it doesn’t bring about diarrhea ?

Respondent: yes it doesn’t lead to diarrhea .so you know the shallow well is two there is the one for the livestock and the closed one for the human beings .and that of the livestock around three people get’s into it to draw the water so even that water people get diarrhea because its not enclosed . But for the other one that has been closed people do not get diarrhea.

Interviewer: So When people used the closed one they do not get the diarrhea ?

Respondent : yes they don’t.

Interviewer: I heard from the people yesterday that during the drought season so many animals come back here around the town or during the drought they go far?

Respondent: During the drought they go to a far place in search of pasture but during the rainy seasons they come back .

Interviewer : in your opinion do you think influx of the animals leads to the water getting more dirty ?

Respondent: Its gets more dirty , and during the rainy season the animals do not even drink water because the grass is green and juicy and even if they drink they drink little or just once .

Interviewer: When the animals are near the town that means it’s easier to access the milk ?

Respondent: yes it’s easy and in plenty .

( interviewee directing the kids to play somewhere else )

Interviewer: Does it mean when milk and meat are in plenty and can be accessed the health of the people will also be good ?

Respondent: yes the health of the people becomes good .

Interviewer: is it mostly on the adults or children ?

Respondent: especially the children under the age of five gets thin because of lack of food and milk .

Interviewer: and also the adults gets thin ?

Respondent: yes they get thin but not like the children .

Interviewer: its so because if lack of food and milk?

Respondent: So you said that when you get money you pay school fees and according to you is it must to go to school and does it mean you don’t have money because all of it is used to pay the school fees or you pay this fees when you have money ?

Respondent : going to school is a must and fees must be paid .

Interviewer: do you feel like that is a burden ?

Respondent:yes it requires alot of money but its not the primary school although some small fees here and there is needed but for the secondary and university is where alot of money is being paid .

Interviewer : How many children do you have ?

Respondent: i have one child who is three years old .mine has not yet joined school but my husband has other children .

Interviewer: why do you want your child to go to school and finish up to the highest level?

Respondent:i want my child to get educated and get employed and help me .

Interviewer: According to you do you think that life will be better than the one you are living right now?

Respondent: Yes because people that live here and the others living in town are different because as for us who stays here we depend on our husbands for money yet those in town have their own money and are salaried .

Interviewer: that is mostly for girls or men?

Respondent:mostly its girls although also the men have goats that were given by their fathers unlike girls and we would love our girls to study more .

( greeting someone from outside)28:30-28:40

Interviewer :What is the benefits that this girls get once they have their own money?

Respondent: As women we have our families that we are born in and that we would love to help and if i don’t have money I can’t help that family of mine because they are in poverty and suffering and personally i would love to have my money aside from the one that my husband gives me .and thats why i want my daughter to study and help herself and help me too.

Interviewer: But will you use that money to help yourself or others too?

Respondent:once i get helped i will help others too .

Interviewer: but how will this money be of help to you?

Respondent: it will help me with so many things one i can open business i can also build house and then i will have my good life apart from depending on my husband only .

Interviewer: That means when you get money as a woman you will become equal with your husband ?

Respondent: Yes unlike now when there are not equal because of money and also for the animals they are the ones that own it .

Interviewer: Why is it that they are the owners of the animals?

Respondent: Because when they marry a woman and bring her to this house that means that the man is the head of the family .

Interviewer: why is it that they are the head of the family?

Respondent:its just obvious .

Interviewer: but in your opinion you feel like it should be balanced?

Respondent: yes even if not equal .

Interviewer: Would you like to be given animals of your own ?

Respondent : yes i would love to .and you know once a woman gets money we normally invest in women groups and after sometime for example we contribute every friday and at the end of the year you get large sum of money unlike when you don’t contribute and get very small share .

Interviewer: What other benefits from being in those women groups?

Respondent:it helps with alot first our people of the reserve ( those that live far from the town) They don’t know how to save money in the groups or banks so by joining this group they get to learn how to save in the bank and how to do business and also in health there are so many women that comes to those groups they are taught what to cook for the children so that they won’t get into the program of malnutrition.

Interviewer: Who does that training ?

Respondent: Sometimes its the NGO’s or even us the secretary.

Interviewer: Who came up with this groups ?

Respondent : its the mothers and the NGO’s and trained us and to work in collaboration.

Interviewer: Are there women that are not in those groups?

Respondent: Yes so many of them , because they don’t have knowledge on it.

Interviewer: What are the requirements for one to join your group ?

Respondent: one thing for instance if i have eighty thousand and just keeping it in the house i will just use and end up finishing it but when i take it to the group box i will not get easy access to use it unless may be i need it urgently for some needs and go for it .so money that stays at home and at the group are very different because of the accessibility.

Interviewer:So there is no woman who will want to join the group that will be denied access to join?

Respondent:there is none but at least should invest some money even if its one hundred or one can even join and bring the money later .

Interviewer : You said that one learns to do business?and they go to open business?

Respondent : yes and also saving .

Interviewer : But its all that goes to open business after they get that training?

Respondent: Not everyone but just those that have the money to begin the business.

Interviewer: And you said that its the NGO’s that does that training?

Respondent: Yes

Interviewer: How does that women group helps you with matters if health?

Respondent:I am the secretary at the group and still the CHV at the hospital so when they come i teach the women about the health too.

Interviewer: You were taught that by the women groups or ?

Respondent : i was taught at the hospital but once i learn i come to teach the women in the group too .

Interviewer: Who is the community health assistant ?

Respondent : he is not here.

Interviewer : And does that Community health assistant stay here ?

Respondent : No he stays in Balesa .

Interviewer: So he is the one in charge of all this areas of Balesa ,Dukana and here ?

Respondent: Only in Balesa arru but he doesn’t live here and stays for like three months when there is work and goes .

Interviewer: You said that you are taught about health at the dispensary by the nurse?

Respondent: yes

Interviewer : is it the county government that built that hospital?

Respondent:Yes

Interviewer: What other projects have the county government done here ?

Respondent: i can’t recall any. But i think for the school they have built about one or two classrooms.

Interviewer : have they employed any teachers at the school?

Respondent: some were employed by them and others the national government.

Interviewer: Who built the school initially?

Respondent:it was long ago i just came here recently i have no idea.i came here in 2021 from Dukana.

Interviewer:You said that you were taught by the hospital here and also in the women group you teach one another about health according to you has this improved the health of this community?

Respondent: Yes because now they even treat their water unlike before , because they have learnt .

Interviewer : and that has led to lowering of diarrhea cases ?

Respondent: Yes they don’t diarrhea like before .

Interviewer: What else?

Respondent: Network is also an issue here hence poor communication.

Interviewer: You talked of measles?

Respondent : Yes but that is about the health of the animals where by they get spots on their skin and some diarrhea .

Interviewer : is there any help you get from the women group here?

Respondent:There is none , but we tell people not to eat the meat once the animal dies on its own.

Interviewer: What are other things that you were taught in that health training?and what do you think that has helped you the community?

Respondent: We teach the importance of contructing latrines But some have and others have only drilled the holes but have not made the slabs .because they don’t have money about two -three .

Interviewer: And when people use the latrines what does it mean?

Respondent:That means that all the feaces will go into the latrines and will not be everywhere and get carried by the floods to the water point and the air will be clean too .

Interviewer: Is there a diseases that comes from the polluted air?

Respondent: Yes like cold and flu although others are pneumonia that comes from cold .

Interviewer: Does the pneumonia come during the rainy season ?

Respondent: Yes it occurs mainly because of the rain and cold weather that comes with it and i forgot about something else there is also high infestation of the mosquitoes during the rain and hence high cases of malaria because of the long grass and stagnant water around.

Interviewer : You said cold and pneumonia ?

Respondent: yes .

Interviewer: What happens when people are sick ?

Respondent: The body changes like for instance the mosquitos there is fever and when the mother is sick no one will get food for the kids and even cooking and other diseases can also kill .

Interviewer : Which are the diseases that kills mostly?

Respondent : it’s cancer .like the lung cancers .

Interviewer : About taking care of the children in your opinion is it alot of work ?

Respondent : its not alot of work .

Interviewer: Does malaria kill people in this area ?

Respondent: yes when it becomes extreme when the immunity of the person is low but it’s not a common issue .

Interviewer: What else kills people in this area ?

Respondent: the one that i know is mostly cancer .

Interviewer : Where do you get water treatment medicine from ?

Respondent :from the hospitals .

Interviewer : is it for free or people buys it ?

Respondent: yes its given for free .Some boils the water for drinking .

Interviewer : Are there those that do not boil the water ?

Respondent : Yes there are .

Interviewer: Why ?

Respondent: i don’t know why but they just don’t.

Interviewer : in your home do you boil water before drinking ?

Respondent : i normally treat it with chlorine.

Interviewer : Do you think there is something that is essential that we have left out regarding health water and food?

Respondent: Some foods are like vegetables and fruits are not available in this place .

Interviewer : And what does that show?

Respondent: Because most of them don’t grow here .

Interviewer: Why do you think people need to eat vegetables?

Respondent: it’s essential for health reasons .

Interviewer : What about nutrition?

Respondent : even in nutrition because they go hand in hand .

Interviewer : yes but technically they vary according to my opinion .

Respondent: Yes it helps the children and they don’t end up being malnourished .

Interviewer: There are no people that grows fruits and vegetables here?

Respondent : in our women group not the fruits but at least we grow vegetables .we have a green house but it doesn’t grow well as expected .

( interviwee speaking to someone from outside )

Interviewer : What could be the problem?

Respondent: Water is the main issue and also there is insects that destroys it .

Interviewer: Which water do you use as the women group for those vegetables?

Respondent: We get the water from the shallow wells .

Interviewer Are there people from outside that brings vegetables with their car to this area ?

Respondent: may be once in a while because of lack of means if transport .

Interviewer : What else do you lack in this place due to means of transport ?

Respondent: Even vegetables because of lack of means of transport and even if one starts the business here its difficult to bring the goods here even if you go to Dukana you can’t get a means of transport and hence the business goes down .

Interviewer :Are there times when you lack medicine in the hospital .

Respondent: Yes most of the time , like now the medicine is very few and minimal and the hospital is under the county government and they don’t bring the medicines.

Interviewer : What brings about the issue of cancer?

Respondent: Some people says that its the meat but iam not sure .

Interviewer : Regarding the issue of the water who has the mandate to say the water that you can use .

Respondent: its the water planner , the Abaherega he is called Gollo

Interviewer : What are the some of the rules that he has put in place?

Respondent : like first example when he says that the goats should drink from this specific well then that will be the one to be used and not any other.

Interviewer:So Abaherega manages only the water for the animals and not for the human beings ?

Respondent : Yes .

Interviewer: Are there laws that are set aside for those that just pass through this land and are not from this community ?

Respondent : Yes when they ask they are helped .

Interviewer: and that doesn’t bring conflict?

Respondent : He is the one who prevents that .

Interviewer: Is there any point in your life that you were denied access to the water not because the water is not available but because you are told to go somewhere else and not use water from that specific water point?

Respondent: No when the water is available then i can get it .

Interviewer: Have you ever had the need to buy water when its not available?

Respondent: we have never .

Interviewer: Are there any other things that dirties the water apart from the feaces?

Respondent: there is nothing else .

Interviewer : Are there times when children fail to go to the school because of diarrhea ?

Respondent: Yes there are unable to go to the school and even adults could not work when in such conditions , the main challenge is diarrhea and malaria .

(Interviewee directing a kid to go check on beans on the fire )

Interviewer: you said malaria and cold is the issue?

Respondent: Yes even in the animals is coughing and when it’s slaughtered its lungs are inflamed .

Interviewer : When children misses school because of getting sick does that mean they are forced not to move to the next class?

Respondent: No they just continue with the rest .

( children crying at the background)

Interviewer:You said that you have been taught together with the women in the groups by the NGO’s? There are no government bodies that have come to teach you?

Respondent : there is none .

Interviewer: Even the church?

Respondent: its just the the CARITAS NGO’s.

Interviewer : You talked of SIFA regarding the water project ? What is SIFA

Respondent : its a project but i can’t recall its name.

Interviewer :Are you cooking now ?

Respondent: Yes .

Interviewer: Do you think that there is something that we have left out ?

Respondent: i don’t think so .

Interviewer: Are you given loans in this women groups?

Respondent: yes we are given .

Interviewer: What else do you do with those loans ?

Respondent: Some request the loan for school fees and other needs to and not necessarily business .

( interviwee talking to children playing )

Interviewer appreciates the interviwee for the time and ending the interview )