

Peter Nyika started with a small pond and reared a few fish, but the initial results were disappointing



From sobriety to success: A Journey to thriving in recirculatory aquaculture

By Governor's Press Unit (Compiled by Samwel Gitonga)

In a ray of hope and freedom from alcoholism, Peter Nyika is now celebrating his fifth year of sobriety. Notwithstanding his endurance in maintaining a sober life, Peter saw an opportunity to start fish farming at his home in Kiamuiru, Gatiu Muruguru ward in Nyeri Central Sub-County.

He started with a small pond and reared a few fish, but the initial results were disappointing. Nonetheless, he remained determined to become a successful fish farmer.

Recognizing the bigger picture depicted by the market demand for fish in the Mt. Kenya region, Peter decided to pursue fish farming. "People from Mt. Kenya love fish and appreciate the nutritional benefits of eating fish. I noticed the gap and felt compelled to meet the market demand."

To address the problem of fish mortality, he transitioned from traditional ponds to a Recirculatory Aquaculture System (RAS).

According to Lazarus, a Fisheries Officer in charge of Mathira East, the recirculating aquaculture system continuously purifies and reuses the water used to raise the fish. It is comparable to a closed circuit, where waste products like solid waste, ammonium, and CO2 are either removed or converted into non-toxic substances. The clean water is then replenished with oxygen and sent back to the fish tanks.

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After six years of fish farming, Peter is proud of the progress he has made. He is particularly impressed with the efficiency of the recirculatory system, which has helped him avoid disappointments during harvest. Through the Aquaculture Business Development Programme (ABDP), Peter has received support in the form of pond liners and fish feeds, thus reducing his operational costs.

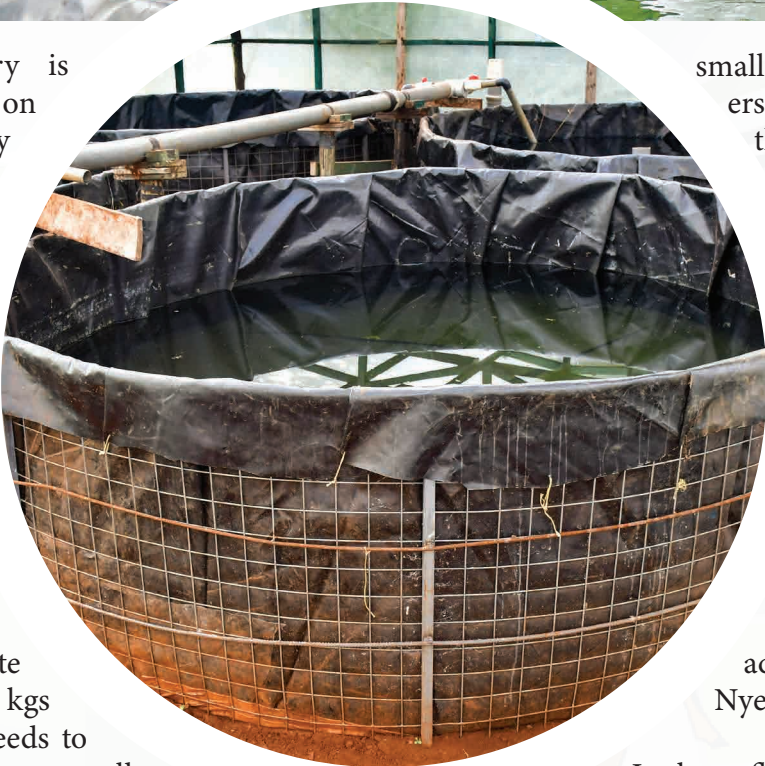
Mercy, a Fisheries Officer in Nyeri Central, acknowledges the challenges Peter has faced and commends his perseverance. She notes that with his shifting to RAS, Peter has seen significant economic benefits. Peter mentions that he has not struggled to find a market for his fish, with high demand still prevalent. He has constructed four tanks in his greenhouse, stocking 800 fish in each tank, totalling 3200 fish.

The County Government of Nyeri and ABDP have been supporting fish farming by providing fingerlings, fish farming inputs, and extension support to farmers in Nyeri County. The ABDP, jointly funded by the Government of Kenya and the International Fund for Agricultural Development (IFAD), aims to reduce poverty, increase food security, and improve nutrition in rural communities. ABDP County Program Coordinator Maureen Gathigia emphasizes that the success



of the industry is heavily reliant on the availability of high-quality fish feeds, which are essential for the growth and development of fish. Through collaboration with CGN, ABDP initiated a program to distribute a total of 85,600 kgs of quality fish feeds to local fish farmers across all eight sub-counties.

These fish feeds are specially formulated to meet the nutritional requirements of fish at



different growth stages, ensuring maximum growth and productivity. In the last financial year, a total of 398

small-scale fish farmers benefitted from the program, receiving about 400,000 fingerlings.

This success can be attributed to the commitment of H.E. Mwalimu Mutahi Kahiga, EGH in promoting aquaculture in Nyeri County.

It also reflects the collaborative efforts of the Department of Agriculture, Livestock and Fisheries with the ABDP Nyeri faction, as well as the dedication of the resili-

ent County staff who consistently serve the people of Nyeri County.

The Agricultural Business Development Programme (ABDP) is a program jointly funded by the Government of Kenya and the International Fund for Agricultural Development (IFAD).

The program targets 15 select counties that have high aquacultural wherewithal, existing sectoral infrastructure (processing, marketing, and research), adequate water resources, and high marketing potential.

The overall goal of the program is to reduce poverty and increase food security and nutrition in rural communities.

Nyeri Town clean-up exercise

The County Government of Nyeri, through the Nyeri Municipal administration in Partnership with Nyeri Water and Sanitation Company Limited (NYEWASCO) carried out a seamless clean-up exercise in Nyeri Town. Collection of litter, de-silting of stormwater drains, street sweeping, unclogging of drainage systems as well as draining of waste waters trapped in open storm drains was conducted at the Nyeri CBD along Kenyatta Road, Kimathi Road and Gakere Road. Sanitation and hygiene are critical to health, survival, and development, therefore,



the Nyeri Municipal Board under the stewardship of H.E

Mwalimu Mutahi Kahiga, EGH is committed to main-

taining hygienic conditions through such exercises to

manage waste within the municipality.

Monitoring and Evaluation Exercise of KISIP II Main Works progress



The Nyeri County Project Coordinating Team (CPCT) led by the Project Manager Eng. Joseph Mwangi hosted a team from the National Project Coordinating team (NPCT) with an aim of

monitoring and evaluating the status and progress of the Main Works under Kenya Informal Settlement Improvement Program II (KISIP II) in Chorong'i and Kiamwathi settlements in Nyeri County

which commenced recently. The teams guided by Eng. Mwangi then visited Chorong'i settlement, Ruring'u ward in Nyeri Central, which is set to benefit from road upgrading, improved

solid waste management and water reticulation, after which they dropped by Kiamwathi settlement in Ruringu ward, Nyeri Central sub-county. The settlement already has

an installed 30metres high mast, with main works commencing to include tarmacking of the main access road, installation of a dumpster and street-lighting, as well as construction of storm water drains and footpaths.

KISIP II is a development project financed by the World Bank, the Government of Kenya and other development partners to systematically scale up the work of KISIP I so as to reach more residents in participating urban informal settlements, through the provision of basic infrastructure such as high masts, access roads, water and sanitation services and footpaths, in addition to strengthening the institutional capacity for slum upgrading in Kenya

Governor and DG distribute merchandise in Naromoru



Story - Barbara Wambui
Photo - Kennedy Karanja

As part of the ongoing ward - specific program being implemented by the County Government of Nyeri, H.E. Mutahi Kahiga and Deputy Governor H.E. David Kinaniri visited Naromoru-Kiamathaga ward.

Together, they distributed merchandise to 27 groups comprising women, youth and Persons With Disabilities (PWDs). Naromoru - Kiamathaga ward MCA Martin Matu urged the residents to leverage such opportunities for economic growth. The County Government of Nyeri continually recognizes the importance of empower-

ing and facilitating individuals to be able to grow and thrive economically and socially. The tents that have been distributed will go a long way in supporting income-generating initiatives to transform them into viable economic ventures. Together with Youth, Gender and Social Services CECM Esther Ndung'u, Agricul-

ture CECM James Wachihi, Education CECM Margaret Macharia and Gender Chief Officer Joe Gethi, they urged the beneficiaries, and especially the youth of this ward to be proactive and also engage in other profitable ventures such as fish farming and chick rearing. The County's Department of Education in partnership with

KCB through the 'Tujiajiri' program continues to sponsor 900 youth across all 30 wards in various TVET-based courses.

Residents were encouraged to look out for the announcement of the upcoming second intake and apply for the fully sponsored training opportunities.

Dr. Kiragu's impromptu visit to Mukurwe-ini Hospital



Health Services CECM Dr. Joseph Kiragu together with the department's Director Dr. Nelson Muriu conducted an impromptu visit to Mukurweini Hospital. The purpose of this visit was to assess the hospital's operations, engage with staff, and address critical issues impacting health care service delivery. During the visit, the CECM and the Director toured all departments within the Hospital. This tour provided them with a comprehensive view of the hospital's functioning and allowed for direct engagement with the staff. The discussions with the hospital staff covered several critical areas:

- Staff Identification: The CECM emphasized the importance of proper staff identification. Ensuring that all staff members are easily identifiable is crucial for maintaining a professional environment and for the security and safety of both patients and staff;
- Hospital Cleanliness: Maintaining cleanliness within the hospital was highlighted as a key priority. A clean environment is essential for preventing infections and ensuring the overall well-being of patients and staff;
- Quality of Care: Dr. Kiragu stressed the need for high-quality care. The staff was reminded of their responsibility to provide the best possible care to

patients, which is fundamental to the Department's mission;

- Public Relations: The importance of fostering positive relationships with the public was discussed. Positive public relations contribute to the hospital's reputation and the trust that the community places in the healthcare services provided;
- Availability of Medical Supplies: Ensuring the consistent availability of essential medical supplies was another critical issue addressed. The availability of these supplies is vital for the uninterrupted provision of healthcare services.

Dr. Kiragu commended the hospital staff for their dedication and hard work. While acknowledging the challenges they face he expressed his appreciation for their commitment to serving the community. Additionally, he assured the staff that the Department of Health would continue to support the hospital in enhancing service delivery to meet the community's needs. The unannounced visit by the CECM and the Director to the facility underscored the commitment of the Department to ensuring that the Hospital operates at the highest standards, as well as serving as an opportunity to reinforce key operational priorities, whilst assuring the staff of continued support from the Department of Health.

Nyeri County Youth Development Policy launch preparations

The Resource Mobilization team for the Nyeri County Youth Development Policy recently convened its inaugural meeting to strategize on the upcoming policy launch. The meeting marked the beginning of a series of critical planning sessions aimed at ensuring a successful rollout of the policy, which is poised to address key issues affecting youth across the county. In addition to their internal discussions, the team paid a courtesy visit to the County Commissioner, who is currently serving as the Acting Regional Commissioner. During this visit, the team briefed the Commissioner on the planned activities and objectives of the policy launch. The Commissioner expressed enthusiastic support for the initiative, assuring the team of his office's full backing in ensuring the policy's successful implementation. The Nyeri County Youth Development Policy is anticipated to be a significant milestone in empowering the youth, creating development opportunities, and fostering sustainable growth within the County. Meanwhile, the Gender, Youth, Sports, and Social Services CECM Esther Ndung'u convened a meeting with the committee working towards the launch of the Nyeri County Youth Development Policy. The purpose was to discuss the progress, address challenges, and plan the next steps for the policy's launch. Nominated MCA in-charge of youth affairs Hon. Kariithi Wambui stressed that the Nyeri County Youth Development Policy is expected to be a pivotal achievement in empowering young people, generating development opportunities, and promoting sustainable growth throughout the County. This policy, shaped by current realities and the need for a strategic response to the challenges faced by the youth in the county, situates young people within the broader framework of national development. It envisions providing them with productive opportunities to realize their full potential, both individually and as engaged members of society.

Plans to improve Kinunga Stadium begin

Gender, Youth, Sports & Social Services CECM Esther Ndung'u held a crucial meeting with the Outspan Hospital Nyeri team led by Executive Director Dr. G.M Kiruhi, whose primary agenda was to explore potential collaboration aimed at improving Kinunga Stadium in Nyeri County. Ndung'u emphasized the necessity of formalizing this partnership through an MoU. The proposed MoU is intended to ensure the long-



evity and stability of the collaboration, safeguarding it against potential changes in government. Furthermore, the MoU will

integrate the Nyeri Youth Development Policy to address critical areas such as Drug Abuse, Sports Development, and Mental Health.

This initiative aligns with the Department's mandate to develop programs that engage the youth, promote sports, tackle challenges such

as drug addiction, and introduce modern solutions to improve the quality of life. The County Government of Nyeri is committed to fostering partnerships that benefit the community and enhancing the well-being of its residents, while remaining supportive of collaborations that contribute positively to community development, and encourage further initiatives that advance the welfare of the people of Nyeri.

2024 Central Kenya National Show held at Kabiru-ini Grounds



H.E. Governor Mutahi Kahiga joined the Deputy President H. E. Rigathi Gachagua during the official opening of this year's Central Kenya ASK National Show at Kabiru-ini grounds in Nyeri. He thanked the Deputy President for the unwavering support of the agriculture sector for the economic growth agenda in this country. The agriculture and rural development sector in Nyeri County is a key driver of the economy, not only locally but across the region, comprising agricultural production, water, forestry, trade, cooperatives, environment and forestry. This year's theme is, 'Promoting Climate Smart Agriculture and Trade Initiatives for Sustainable Economic Growth.' This was showcased by various exhibitors who demonstrated innovations for improved productivity. The day also marked the re-

membrance of the Cooperative movement. At the same time, after touring several stands, the Governor was convinced that this year's theme, 'Promoting Climate Smart Agriculture and Trade Initiatives for Sustainable Economic Growth' recognized the place of innovation and technology as key drivers in enhancing food security, agricultural growth, and trade. "These are the critical enablers of our Country's economic growth and development. It is for this reason that the County Government of Nyeri funded projects to promote irrigated agriculture, market infrastructure, and local agro-based processing and manufacturing," he said. In collaboration with the National Government, the Counties are setting up the Agro-Industrial Parks. The Nyeri County Aggregation and Industrial Park

(CAIP) is coming up in Thegu River Ward. "Once complete, the Park will then integrate with the existing aggregation units in the various value chains to ensure that we can add more value to our products. We are welcoming investors to start exploring this opportunity. As we move on with the implementation of the third-generation County-Integrated Development Plans (CIDPs), we are building on the gains achieved so far in productivity, to ensure that we can enhance the marketing and commercialization of our value chains," the Governor said. Through the National Value Chain Development Project (NAVCDP), more investments are lined up to ensure a more efficient coffee value chain and that the benefits are passed back to the farmer. To further increase value addition and youth employment

CGN will, this financial, year equip a common user facility at Wambugu ATC, with small equipment for avocado oil extraction, macadamia cracking and roasting, and honey processing which will benefit the youth. "I want to thank our local County assemblies, who have continued to support our development agenda. In my capacity as the Chair of the Central Kenya Economic Bloc (CEREB), I will continue rallying our member Counties to continually embrace our collective responsibility of making this annual activity bigger and better every year. I also thank the entire Central ASK team and all the exhibitors who have come together to make this year's Central Kenya National Show possible," added the Governor. During the show, the County Government of Nyeri received the trophy for the

'Best County Stand', among other trophies. The show offered a platform where exhibitors inclusive of financial institutions, institutions of higher learning, health and hospitality institutions, sectors of agriculture, livestock, fisheries, trade, manufacturing, NGOs, CBOs, youth enterprises, and women-based groups, among others meet to engage in the learning and sharing process. All the departments showcased their services at the County Government of Nyeri's stand. The Show committee members led by Chairman Patrick Karinga thanked the over 100 exhibitors for the high level of exhibition which continues to help show-goers learn.

Health Department wins Best Display Award at Central Kenya ASK Show



The Department of Health Services, under the County Government of Nyeri's stand was awarded 1st Position in the Best Display and Services in the health sector and pharmaceutical stands category at the 2024 ASK show, Kabiru-ini ground, Nyeri. The incredible team showcased essential health services such as Diabetes & Hypertension Screening, Free Medical Consultations, and even offered Free Ambulance

Services. Community Health, Health Promotion, Public Health, Nutrition, Mental Health, Occupational Therapy, HIV & AIDS, and more played a crucial role in making this a success. Special thanks to our partners, AMREF Health Africa, Mwai Kibaki Hospital and Nyeri Hospice, for their unwavering support. Together, all are committed to promoting health and

wellness in our community. Meanwhile, there was a moment of great pride as the CECM Health, Dr. Joseph Kiragu, alongside the Chief Officer Ibrahim Adan and Director of Health Services Dr. Nelson Muriu, received the prestigious trophy for Best Display and Services in Health Sector at the 2024 ASK show in Kabiru-ini. Dr. Kiragu expressed his deep gratitude to the entire Department of Health team for

their outstanding commitment and dedication, echoing the benefits of team playing and effective planning of activities in the department. The Chief Officer also commended the tireless efforts in ensuring the community benefitted from the variety of services being offered as encrypted in the Department's core mandate as well as the high level of accountability displayed during the implementation of the activity.

Dr. Muriu upheld the critical role played by the partners who were on board, attributing the last week's success to the seamless collaboration. Representing the health stand displaying departments were County Health Promotion Officer Nancy Ngati and County Occupational Therapist Lawrence King'ori.

Induction and orientation of newly employed officers

Induction training is the process of introducing a new employee to their new role within an organization. It is a crucial process that helps such an employee to integrate into a new work environment with ease. On this note, H.E. Governor Mutahi Kahiga officially opened the Nyeri County induction training of the recently employed 248 officers at the Nyeri Culture Centre, Nyeri town. The officers included medical officers, agricultural officers, drivers among others. He was accompanied by Nyeri Deputy Governor H.E Kinaniri Waroe

The Governor congratulated the selected officers for successfully undergoing a rigorous, transparent and fair exercise. "These officers will play pivotal roles in enabling my government to attain its mission and vision," he added. He assured the officers of the County's commitment to career progression, fair remuneration and their well-being. Nyeri County is a unique county coupled with a remarkable organizational culture and, therefore, he expected the officers to "uphold our core values, including transparency, innovativeness, integrity, teamwork and



accountability." "This training will help the officers familiarize themselves with our norms, and understand the organizational structure and roles that shape our success. It will also aid in increased productivity, inform on utilizing the available resources, comprehend our policies,

learn on safety measures and also inculcate the ability to work as a team," the Governor added. During the training, the Department of Public Service Management equipped the officers on: Devolved Government Structure; County Government Act; National Values and Principles; Public

Ethics and Code of Conduct; Performance Management; Human Resource Policies and Procedures Manual 2016; HR Procedures and Welfare; Drug and Substance Abuse at The Workplace and Personal Development.

Unlocking second chances thanks to Ihururu Treatment and Rehabilitation Hospital

In the strive to make Nyeri a model County for excellence for Mother and Child Health, JOICFP has walked with the County Government of Nyeri in a journey to improve access to the continuum of care for MCH services including Safe Delivery at Nyeri Town Health Centre to decrease Maternal Mortality Rate & Neonatal Mortality Rate (3 to 5 years) at the end of the project.

Notably, a total of 312 Health-Care Workers and Community Health Promoters have benefited from capacity building and empowerment opportunities through 14 different training sessions on 5S Training and KAIZEN TQM, Infection Prevention and Control, Respective Maternity Care, Quality of Care, EmNOC and Child Health training.

Earlier this year, in February, the County Government developed strategies to maintain the maternity ward and ensure the continuous delivery of quality maternal and child health services.

While delivering his remark, H.E. Governor Mwalimu Mutahi Kahiga blissfully reflected on the journey with JOICFP for three years and how it has positively impacted the overall scope of health in Nyeri County.

He appreciated the Embassy of Japan for their support and assured his administration's unwavering commitment to ensuring the sustainability of the project as one of the top priorities.

The Governor noted that the Universal Health Coverage agenda is still alive and that the County is heavily investing towards affordable and quality health care through higher budget allocation of up to 30%.

"We welcome the Japanese people to Nyeri County with open arms and hope you will visit us again to witness the lasting impact of this project. Your support has been invaluable." Said the Governor. CECM Health Dr. Joseph Kiragu appreciated the support by the Japanese Government and the People of Japan through JOICFP cohesively working to ensure the success of the project and affirmed his commitment to sustaining the seamless service delivery at the newly established unit.

Charge d'affaires a.i of Japan, Hiroshi Ogihara expressed his gratitude to all the team players who contributed to the success of this project. "Health of the nation is wealth of the nation." Hence improving the health of children and mothers is nurturing a safe future.

Later, the representative of the Japanese Embassy Hiroshi Ogihara, the Deputy Executive Director at JOICFP - Etsuko Yamaguchi, and

the officers from the Department of Health Services toured the Nyeri Town Health Centre Mother and Child Unit.

The Mother and Child Department was constructed in the year 2022-2023 in partnership with JOICFP and hosts the ANC, MCH services, and a 35-bed capacity Maternity unit with an Antenatal and postnatal unit, labour ward, and a New Born Unit.

The Unit was officially opened on 18th September 2023 and its operationalization kicked off on November 2023.

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Despite this success, some clients tend to drop out of the program for various reasons. According to Eric Muthee, the Hospital Administrator, "We try our best to encourage our clients and help them visualize the importance of completing treatment for their own benefit. Sadly, we still have some who abscond due to uncertainties and other personal reasons."

During their stay at the rehab, clients' needs are handled by a team of trained professionals consisting of clinical psychologists, nurse psychologists, addiction counselors, clinical psychiatrists, as well as a visiting psychiatrist who comes bi-weekly for routine assessment of the clients.

Before admission, booking is made by making a call through **0795707198**, and upon arrival, the clients undergo an intensive assessment for treatment eligibility which is conducted by a certified medical practitioner. The treatment period takes a minimum period of *three* months and a maximum period of six months depending on how the client responds to treatment.

Typically, the Institution offers a wide range of activities designed to support recovery and improve the quality of life for the individuals. The daily routine incorporates supervised maintenance of individual personal hygiene and cleaning of rooms, group and individual counseling sessions, education sessions, and other activities to enhance independence. The Institution's management recognizes the importance of co-curricular activities and has invested in provisions to facilitate both indoor and outdoor games. Clients also engage in gardening not only as a hobby but as a way of embedding healthy nutritional practices into their daily routines.



After successful completion of treatment, the counselors are tasked to do follow-up with their clients through home-based care where they conduct household visits or through virtual management such as making phone calls.

In addition to being a rehabilitation center, the hospital also offers both

outpatient and inpatient maternity services. For the outpatient, services on offer include General Consultation, Special clinics, Laboratory Services, Mother-and-Child Health Services, Comprehensive Care Clinics, Occupational Therapy, and Psychiatric Clinics. Inpatient services include: maternity services, Client Assessment for Drug Addiction, Occupational Group and Psychoeducation, and Family and Marriage Counseling.

"Our pride lies in providing quality care to our clientele and more so in changing the lives and giving a chance to a new life. We are glad for the support we get from the County Government of Nyeri under the stewardship of H.E Governor Mwalimu Mutahi Kahiga which ensures that service delivery is seamless." Beatrice Baragu, the Hospital In charge.

"Addiction is a disease like any other. Those who come here are fathers, brothers, and even friends. The last thing we should do is stigmatize them. We encourage those surrounding them to provide moral support during their journey to recovery and beyond," notes Sr. Stellamaris an addiction counsellor at the facility.

In the future, the management looks to expand the Institution in terms of infrastructure and scope of services. This will include the construction of a wing to accommodate female clients and the introduction of a toxicology drug test which is a rapid test used to detect traces of drugs in the blood.

Furthermore, the Management looks to standardize its clients' support system in terms of empowering them with resources to enhance their reintegration back into society after undergoing treatment, especially for those who are unemployed.

