

# Impact demonstration document



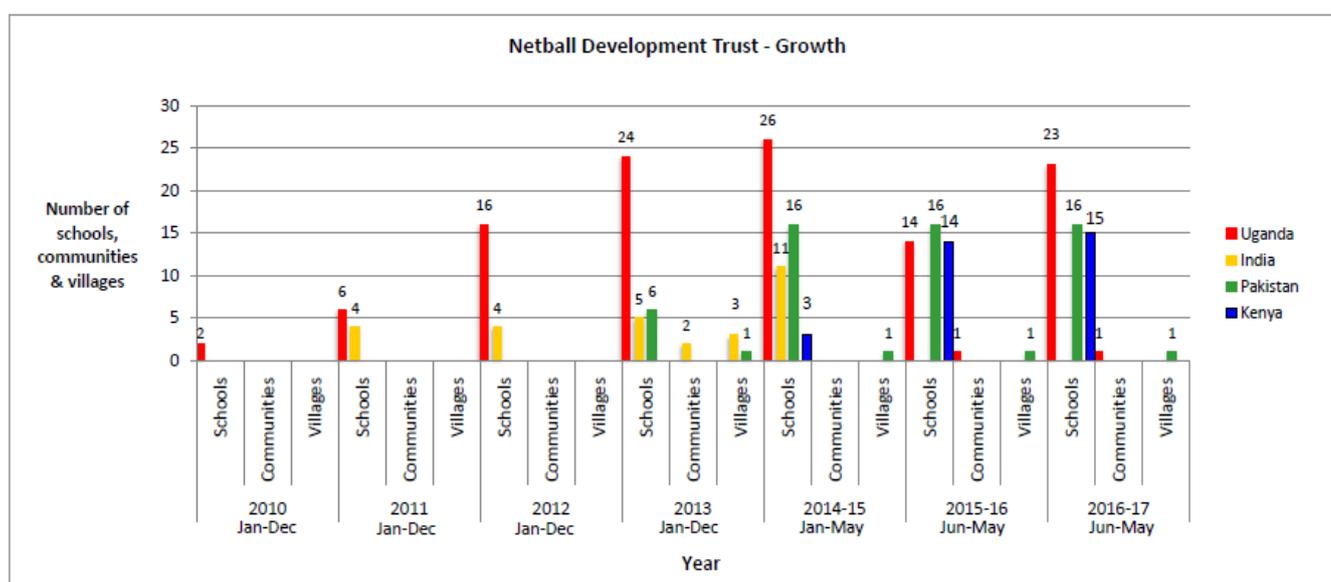
NDT has actively measured our impact across many different areas of our programmes; statistical and anecdotal. We are really proud of the successes and differences the programme has made to date and the impact we are having on children, teachers and volunteers we work with. We already recognise that this process can be developed and will continue to strengthen this over the next year.

Data correct as at 7 March 2018

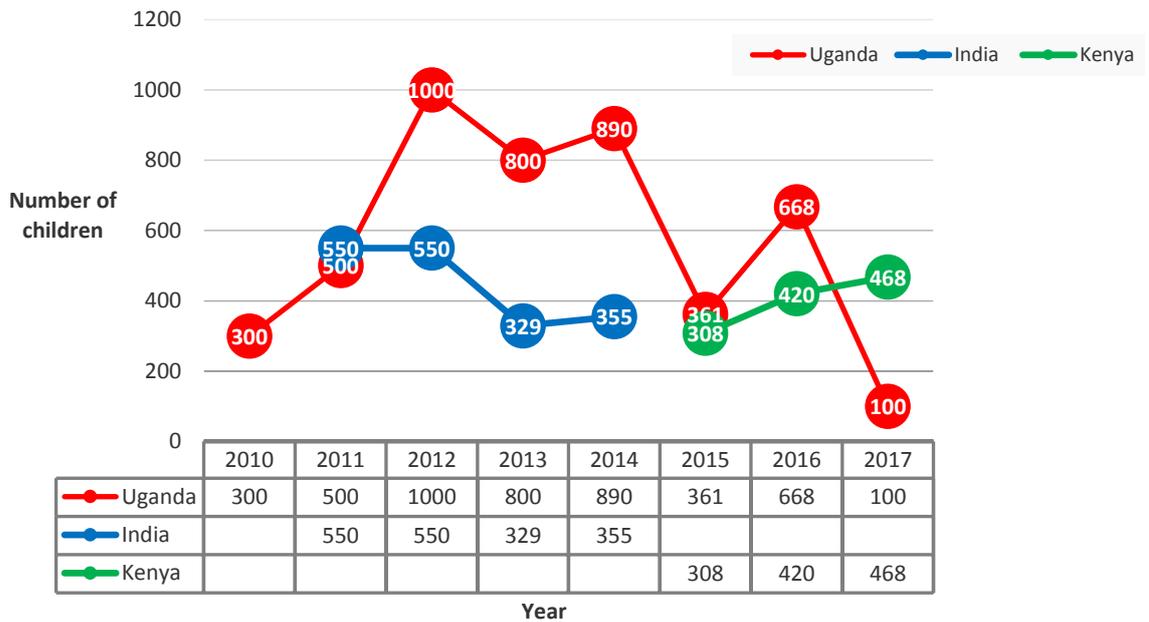
## Overarching statistics

Key figures for the period 2010-2017 across projects in 4 countries

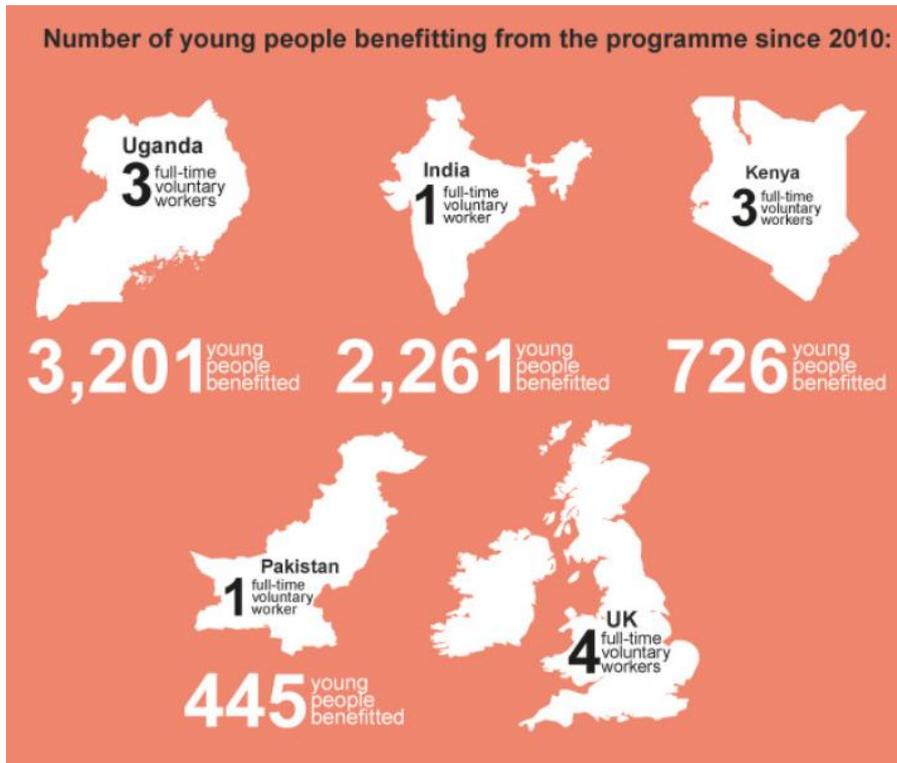
- We have coached over 10,000 children
- We have developed 139 adult local volunteers + 17 young leaders/mentors
- 48 UK volunteers have been on tour to visit our projects and 7 returning volunteers
- Schools:
  - Kenya - 20 schools
  - Uganda - 48 schools and 1 community
  - Pakistan - 22 schools and 1 village
  - India - 31 schools, 2 communities and 3 villages



### Number of children who participated in tours 2010 - 2017



A snapshot from our data infographic for 2010-2016:



## Uganda 6-month analysis

In January 2017, we interviewed 126 children who had taken part in our Jinja coaching tour 2016, as well as their coaches and teachers. Here is a summary of what we learned:

- 65 are boys, 61 are girls;
- 58 live with single parents/uncle/grandparent; 56 with both parents and 12 with siblings;
- 119 would attend a health class;
- 124 gave a positive reason why they liked NDT;
- Things they didn't like about NDT were losing games, the weather and specific positions they played;
- 120 gave positive feelings about the session (the other 6 were 'pain', 'tired' or no answer);
- 112 are still playing netball; mostly girls and boys together
- only 11 couldn't explain a difference NDT has made to their lives (discipline, have friends, feel happy, go to school);
- 12 didn't feel they could talk openly about feelings with friends and coaches.

We asked our coaches and teachers more detailed questions and for some comments:

Coach – *“Netball has helped me to build self confident in myself, I have learn to set achievable goals and make decision and take responsibilities for them.”*

Teacher – *“the program is good because is bring the pupil and the community together in term sports and provides sports equipment.”*

Coach – *“NDT program brings together both girls and boys to play netball ...”*

Teacher – *“Getting new skill in netball, getting new friends, gaining the spirit of togetherness.”*

Teacher – *“Improve on my physical and healthy fitness, make me to venture new place and making friends, made me create relationship with children.”*

Teacher – *“Netball makes my life physically fit and healthy, it has given me the pride especially with in the community of Budondo sub county at large, it made my pupils to learn, love and have a trust in me, I have developed interaction with many people, I have become consultant.”*

Teacher – *“They (children) have started sharing ideas and they have started telling me their problems.”*

The full spreadsheet of responses is available on request.

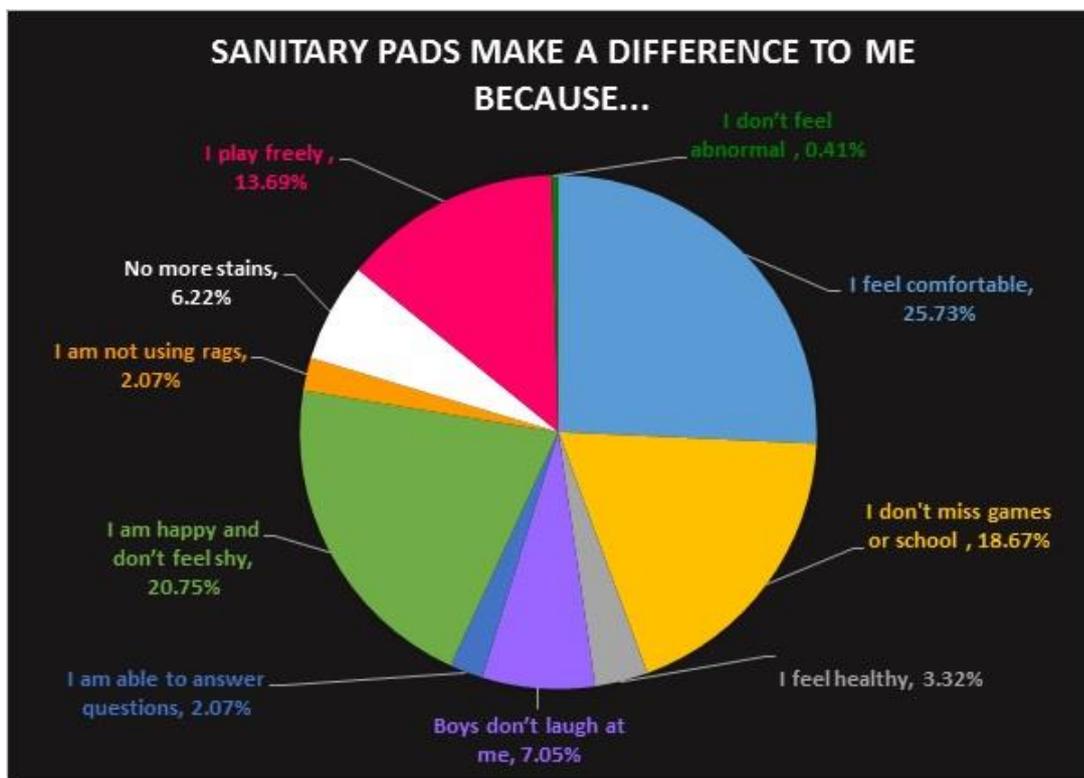
## Sanitary pad project

We give 240 girls sanitary pads every month (30 girls in 8 schools) on our Kenya project, as well as 16 coaches and mentors. One school (Kabkara primary school) are trialling reusable pads (from partner EcoPads) for a few months (from Feb 2018) to see if we can move onto these (better for the environment, cheaper, but maybe less practical for a girl without clean running water to wash in).

After several months of having the disposable pads, we asked the girls the impact on their lives:

- I don't use rags now
- Boys don't laugh at me
- I'm always comfortable
- I don't miss games
- I don't miss school
- I feel free
- It does not itch

An example of testimonials we received from one school is shown in appendix 1



## **Sexual and reproductive health (SRH) programme**

We are beginning to collect M&E around our sexual and reproductive health programme, though this is a new area of engagement for us. We have collected anecdotal impact data for now, though we wish to expand this to collect more statistical information.

### Sexual and reproductive health sessions:

We piloted a SRH session in Kenya (16<sup>th</sup> September 2017), on the subject of rape. Immediately we had requests for more. Joseph, our national coordinator told us

*“Teachers are really asking for it (SRH). They have been part of the previous sessions and they clearly saw how open the pupils got while in the sessions. They give us very positive feedback of how the girls are now finding it very easy to report boys and Boda bodas (motorbike taxis) who make sexual advances towards them. The pupils now know their rights and can speak out”*

Two further sessions have been held with participation numbers from 50-100 children, where they have engaged in dialogue about gender based violence and cultural norms relating to gender and sexuality. These are topics that are not discussed in school but are prevalent issues in the community. The children are learning to discuss sensitive issues and this is the way forward to change cultural expectations

### Inter-generational discussion

Our partner in Jinja, Uganda, X-SUBA held an inter-generational discussion in January 2017 and provided useful feedback & reports. They brought together young people, community leaders, parents and teachers to have an honest discussion about matters such as teenage pregnancy, periods and relationships.

*“This was an amazing event which was the first of a kind in our community. Appreciation goes to X-SUBA for creating a platform where basic SRHR needs were shared amongst community members. Indeed the bridge was created.”* (community leader)

*“Thanks for giving us the opportunity to represent other young people elsewhere.”* (young person)

### Interactive SRH sessions and HIV Counselling and testing at netball tournament

On the 29<sup>th</sup> May 2016 – In partnership with X-SUBA we ran a netball tournament alongside health professionals where children (between matches) could learn about HIV and be tested. It was organized by X-SUBA in partnership with us, Aids Information Center and Chain Initiative Africa Funded by EMCO (‘Empowering Communities’). 140 people were tested for HIV; 62 female and 78 male. 81 of these were aged 17-24 years; 59 were aged 24+. According to AIC reports of all the 140 people none that day tested positive. They were also counselled and given more

advice on how to protect from contracting HIV and STIS. Alternative preventative methods were shared such as using of condoms, abstinence and faithfulness to their partners after they have tested for HIV.

This event helped to provide and increase the availability and accessibility of appropriate acceptable quality information and sexual and reproductive health services for young people which they would otherwise not have.

### **Volunteer case studies**

Our projects are run for the benefit of the children predominantly but we are very conscious of the huge impact volunteering can have on older youth and adults.



“Am Mary Eloit one of the trustees in the NDT Kenya team. Am 32 years old and am Human Resource Management officer. My role is basically to manage a girl child survival in school through supply of sanitary towels. I started this because of many dropout cases in our local schools and also i wanted the girls to identify their talent through games and lucky enough it all came through Netball, My main benefit is that my dream came to reality when i saw girls interested in education, it has been

a journey full of changes and more so positively by the increase of girls in school and also high performance in school and more so after their primary level of school many have been able to join high school where they are practising the same netball thus not killing a talent that's the greatest benefit. My personal benefit from the activity is that I have been highly recognised in our community as a role model and that satisfies me. The only challenge I have so many schools ask for the same services in many schools within my subcounty but the money my donors and I collect for a month cannot sustain the whole team thus am in a dilemma.”

“My name is Namuyomba Zakia Scarlet. I am 20 years old and I live in Jinja, Uganda. I am in high school and I am a volunteer at X-SUBA and I have done this for two years now. I also work with NDT as a volunteer. I am doing this because as a child I always loved and played sports especially netball and always had passion for it. I always hoped and dreamed of working and training kids. NDT has made me achieve one of my dreams and through programs with X-SUBA I have had a chance to inspire and pass on my Netball skills to others, especially kids. Through NDT I am a coach of Netball and with the help of my friends like Eunice, we have a club called thunderbirds and NDT has helped facilitate us with sport equipments. My goal is to see the young ones progress and even work hard to be in the 'she cranes' which is the Ugandan national netball team. I am really grateful and hope for more support from NDT to X-SUBA.”



Some of our UK volunteers write about their experiences and their thoughts can be found at: <http://www.netballtrust.co.uk/tours.html>

### **Impact measurement systems**

We will continue to monitor in these areas and will regular interview our children, teachers and coaches. However we would like to add monitoring and evaluation in new areas to show the wider impact:

- An individual's performance in netball (skill development) and the paralleled development in confidence / discipline and other life skills
- A child's school development (grades?) as they take part more in NDT activities. We have anecdotal evidence from teachers that grades have gone up as a result of the pad programme (as attendance improves) but no measured activity.
- A coach's confidence in delivering sexual health messages as they gain experience.
- Impact of the sexual health education – ie levels of teen pregnancy / school dropouts in the area (all depends on topics covered)
- Children's comprehension of the topics (Increase in knowledge – we could benchmark at the start of the programme and then re-visit)
- Children's attitudinal change

- Parents and communities discussing the topics more with their young people
- Our committee's skills in accounting and marketing themselves locally.

We will develop measurements for these and include performance indicators to state what success looks like in various areas. We will seek advice and look to develop this over the 2017-2018 year.

## Appendix 1 - Sanitary pad testimonial

KIBINDO GIRLS		
NAME OF PUPIL	AGE/CLASS	DIFFERENCE MADE BY PAD
1. LINAH ATYANG	14 8	I'm free when I play netball
2. CAIREN NGORIT	14 6	It can make boys to respect me
3. ANNAH AMODING	15 8	I attend all lessons
4. BRENDA NAKHUNGU	12 7	I feel free
5. NIVER CHESANG	15 7	helps me playing every day
6. LEEN NDIWA	12 6	It helps me to study well
7. METRINE NDIWA II	12 8	I feel comfortable and it helps me
8. MILICAH CHEPCHUMBA	14 8	I feel comfortable in class
9. BRENDAH NALIKA	15 7	3 boy dont laugh at me
10. MARY BARASA	15 8	It makes me feel free
11. LINDAH PAPAHA	15 8	I feel good
12. BRENDAH CHEROP	14 7	I played well at the field
13. JUSTINE NAMIKOYE	14 7	NO MORE STAIN
14. MERCY NAMIKOYE	15 8	It helps me play with others
15. SCOVIA AMAI	14 7	I dont miss school
16. FIDDELS AMAI	14 6	NO STRESS
17. GRACE MUNGU	14 8	I feel well in class
18. SHEILA NANJALA	16 6	It doesnt laugh on me
19. NANCY SUDI		if I feel free when I play netball
20. IRENE KHAKASA	13 7	Always free. Thank you
21. SARAH CHEMENGU	14 7	It helps me to play without fear
22. JOSLYNE KADOGO	16 7	It help me to play every day
23. MARIAM CHEBUTOTO	13 7	I feel free when I am in the field
24. LINAH CHEBUSI	13 5	I feel free all the time
25. SELLAH AMOOH	14 7	I feel free when play
26. CHARITY OSUNDWA	14 8	I respect my desk
27. CYNTHIA OSUNDWA	14 8	I feel happy all the time
28. SUSY MAINA	13 8	I feel well
29. BILHAA CHEROP	12 8	I feel down
30. GRACE CHESEBE	13 7	I feel free

KIBINDO GIRLS  
 A.P. CHAMBER  
 DATE: .....

Teacher Rose: It has helped children to be coming to school everyday  
 - It has also helped children not to be shy but to be free all the time