

# Upendo Village

Life and Hope for Kenyans Living with HIV and AIDS



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## A CLIENT'S STORY

### *Rose Nduta's story in her own words*

My name is Rose Nduta, 46 years old, a single mother of a nine-year-old daughter. I have been living with my parents and doing casual jobs.

In 2006 around March, I started ailing and after getting treatment in Naivasha District Hospital for sometime without much improvement, I decided to go for Voluntary Counseling and Testing (VCT) to know my HIV status. At this time my health had deteriorated so much such that I could hardly move out of bed or rise on my own from a chair without support. My CD4 count was below 200, and I was put on anti retro viral (ARV) treatment which gave me lots of side effects as I could barely eat due to loss of appetite and oral thrush in the mouth.

One of the clients from the Upendo Village support group for people living with HIV and AIDS got to know about my condition and brought the staff of Upendo Village to visit me at home. I was enrolled in the Upendo Village support group and although I could not walk, they started me on nutritional supplement and supplied me with multi-grain local flour for porridge known to boost immunity.

As I continued to take the porridge my energy started coming back and within three months I was up and about doing my business and taking care of my daughter as well as attending support group at Upendo Village...walking a distance of about two miles from my house!

At present I am one of the beneficiaries of a bee hive, improved chicken, Alpine German dairy goat projects, and I do craft work making jewelry which is sold to provide us with some income. I am able to support and educate my daughter and also care for my aging parents thanks to the support and empowerment provided by Upendo Village.