

A photograph of an elderly woman standing in front of a wooden door. She is wearing a red patterned headscarf, a blue zip-up sweater, and a yellow patterned skirt. The door behind her is made of vertical wooden planks and has a blue metal hinge. To the right, a green plastic container is visible. The overall scene is outdoors, possibly in a rural or urban setting.

# ARISE

KENYA PHOTOVOICE

We dedicate this book to Jacob, who happily shared his life with us so that we could use his story to inspire change for thousands of others living in urban slums. Your friends in Korogocho will miss your genuine concern for their welfare and the environment.

*“Lord make me an instrument of your peace” - St Francis of Assisi*

# **CONTENTS**

**5. INTRO**

**9. SAFETY & ENVIRONMENT**

**21. HYGIENE**

**27. EDUCATION**

**33. WORK**

**43. HEALTH**

**53. DISABILITY & ACCESSIBILITY**

**71. ACKNOWLEDGEMENTS**

# INTRO

“...I sometimes ask myself whether we shall be able to overcome and make it through to take care of the children.”

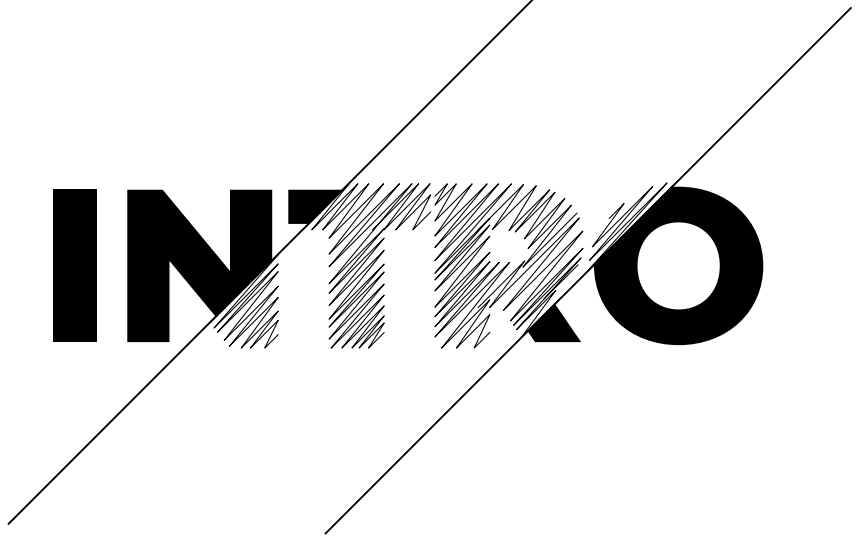
## **LENAR IS AN OLDER PERSON**

### **LIVING IN VIWANDANI INFORMAL SETTLEMENT**

**The ARISE Hub** – Accountability and Responsiveness in Informal Settlements for Equity – is a research consortium set up to enhance accountability and improve the health and wellbeing of marginalised populations living in informal urban settlements in low- and middle-income countries. ARISE works closely with, and is guided by, communities themselves: vulnerable people living in informal settlements who are often ‘off the map’.

This book is the result of a collaboration between ARISE partner LVCT Health and community members - co-researchers, living in Korogocho and Viwandani informal settlements in Nairobi, Kenya. Photovoice is a qualitative method used in community-based participatory research to gather information, stories and the personal experiences of participants.

# INTRO



Co-researchers were taken through a two-day training to discuss ethics and techniques around photography. They were then supplied with smart phones to enable them to gather images. These images were coupled with in-depth interviews, which allowed for deeper understanding of the images, after which each participant selected five images which represented their story. The whole process was consultative, and co-creation with community groups helped us to unearth important themes and priorities in the research work.

This book is a selection of some of those images which help describe the experiences and priorities of people living in informal settlements. The images, taken by older people, community health volunteers, people with disabilities, and children who head households, cover themes such as environment and utilities, water and hygiene, work and education, health, disability and accessibility.

# ~~SAFETY & ENVIRONMENT~~



## **THIS IS THE PATH I USE.**

IT WOULD HELP IF THIS ROAD IS REPAIRED SO THAT I DON'T GET MUDDY WHEN I ENTER THE HOUSE... THERE IS TOO MUCH MUD AND YOU HAVE TO JUMP OVER THE WATER, SOMETIMES YOU FALL DOWN.

## **SHOES GET OLD FAST.**

**MAYABA IS A COMMUNITY HEALTH VOLUNTEER**  
IN VIWANDANI INFORMAL SETTLEMENT.



**THIS PHOTO SHOWS RAINWATER THAT ENTERED THE HOUSE.**

I had even transferred some of the water by the time I took that photo. When it rains we don't have any peace. It rains inside the house... our old TV got spoiled because of the rain. During the rainy days I am forced to stay awake because I have to make sure that the house doesn't flood. I usually store that water to use to wash my children's clothes.

**ANDREW IS A PERSON WITH A DISABILITY LIVING IN KOROGOCHO INFORMAL SETTLEMENT**



**IT AFFECTS ME BECAUSE IF I DON'T HAVE ELECTRICITY...**

I am forced to use the small tin lamp which affects our health. We become affected by diseases because there is no ventilation. It is also affecting the education of the children.

There are some electricity cartels, they steal from these companies... that is now the electricity that we use. We don't have electricity coming from Kenya Power.

**BEATRICE IS A COMMUNITY HEALTH WORKER AND CO-RESEARCHER LIVING IN VIWANDANI INFORMAL SETTLEMENT**

**THEY HAVE NEGLECTED US...**

These electricity connections are illegal, we call them sambaza. If we had token electricity, which is cheaper, we would be happy because I feel bad about the money I pay for electricity. I can pay 300 shillings, they usually come around 7PM, you pay them, and as soon as they leave the lights go off yet you have paid.



**FELISTERS IS A COMMUNITY HEALTH VOLUNTEER AND CO-RESEARCHER LIVING IN VIWANDANI INFORMAL SETTLEMENT**





**THEY HAD PUT IN A TOKEN SYSTEM FOR ELECTRICITY, BUT THEY WERE DESTROYED.**

Right now, if you have money, you get electricity but if you don't have money, you stay like that and kerosene prices have gone up.

**JULIA IS A COMMUNITY HEALTH WORKER AND CO-RESEARCHER** LIVING IN VIWANDANI INFORMAL SETTLEMENT



**WE HAVE STAYED THERE FOR A LONG TIME.**

I have been here almost 11 years and am paying rent of 3000 shillings, exclusive of the toilet, water, and electricity. If we were staying in a standard house, we would be saving. So much money wouldn't be going outside.

**FELISTERS IS A COMMUNITY HEALTH VOLUNTEER AND CO-RESEARCHER** LIVING IN VIWANDANI INFORMAL SETTLEMENT



**I TOOK THIS PHOTO BECAUSE OF THE POVERTY I GO THROUGH...**

If you look at my stove; it is old and it produces smoke, that smoke makes the children get flu. It affects me very much because I am the one who puts it on, I am the one who cooks with it, so it affects me very much.

**MAYABA IS A COMMUNITY HEALTH VOLUNTEER** LIVING IN VIWANDANI INFORMAL SETTLEMENT



**IN CASE OF A FIRE WE HAVE BEEN COMPLETELY MARGINALISED.**

There are no roads, when the fire starts in the area we just put it out using water. That is marginalisation because if we had roads these fires could be easily extinguished.

**MARY IS A COMMUNITY HEALTH VOLUNTEER** LIVING IN VIWANDANI INFORMAL SETTLEMENT



### THE WIRES (BOTH ELECTRICITY WIRES AND WASH LINES)...

pass by my house to my neighbors place. The wires are not high enough. Outside my house the wires sometimes stretch from a pole and touch, producing sparks when it rains.

**MIRIAM IS A DEAF PERSON LIVING**  
LIVING IN KOROGOCHO INFORMAL SETTLEMENT



### THE GOVERNMENT CAME AND PUT UP THAT WALL, TO CLOSE US IN...

to separate the people of the slum from the other side of the rail track. When these houses burn, you find that the fire trucks are not able to reach the burning houses... they put up the wall to separate us. You start feeling like you are not a Kenyan, or you feel like you were thrown away and it is like you do not hold any significance.

**BRIAN IS A CHILD HEADING A HOUSEHOLD**  
LIVING IN VIWANDANI INFORMAL SETTLEMENT

### THE STATE WE LIVE IN. THE HOUSES HERE ARE IN A VERY BAD STATE.

If someone wants to evict you from the house, they just cut the roof so that you leave. There is no security. Even the gate is very old and it is not strong, someone can just jump over and get in.



**MAYABA IS A COMMUNITY HEALTH VOLUNTEER**  
LIVING IN VIWANDANI INFORMAL SETTLEMENT



**THE ENVIRONMENT IS NOT CLEAN BECAUSE THERE IS NO DUMPING PLACE..**

When the Kazi Mtaani project was on they would bring the youths to do that work and they were active, also the truck would come and pick the garbage. But now the people just put the garbage anywhere and there is no truck to come and collect it, it will just clutter all over.

**BEATRICE IS A COMMUNITY HEALTH WORKER AND CO-RESEARCHER** LIVING IN VIWANDANI INFORMAL SETTLEMENT



**THERE IS NO SPECIFIC PLACE FOR DUMPING...**

Or for it to come to be collected by the City Council. There are areas where people pay 20 shillings and the garbage is collected by the youths. When they don't pay then they dump in the river. This is a river and there are water pipes and they dump in here.

**FELISTERS IS A COMMUNITY HEALTH VOLUNTEER AND CO-RESEARCHER** LIVING IN VIWANDANI INFORMAL SETTLEMENT



**THESE ARE OUR YOUTHS AND THE PICTURE SHOWS HOW THEY USUALLY VOLUNTEER.**

They come to remove the garbage then go to the dump... There is a place where they go and dump, then the same people sort the rubbish and take them for recycling.

**FELISTERS IS A COMMUNITY HEALTH VOLUNTEER AND CO-RESEARCHER** LIVING IN VIWANDANI INFORMAL SETTLEMENT



**THIS BRIDGE IS NEAR MY PLACE AND A MARKET.**

The market for buying food is on the other side. So, if I want to reach the market, I have to pass through this bridge... and I have to pay to pass through. If I don't have money to pay, I have to go round a long way to reach what I want to buy on the other side. I feel it's affecting my life because there are youths there and you have to pay to go to the other side.

**GRACE IS A COMMUNITY HEALTH VOLUNTEER AND CO-RESEARCHER** LIVING IN VIWANDANI INFORMAL SETTLEMENT

**HYGIENE**



**THIS IS THE PATH WHERE PEOPLE WHO ARE COMING FROM DRINKING PASS.**

Some urinate here, but this is also a place where people go to bathe. There is a tap that runs near here but the space there is so small so people prefer to come to bathe here. My brother's wife became sick because of going to wash clothes here so I don't go there. One can easily catch a cold because of walking on that water. Most people who go to wash clothes here have become sick but there are some people who still go there to wash once in while.

**MIRIAM IS A DEAF PERSON** LIVING IN KOROGOCHO INFORMAL SETTLEMENT



**THIS IS EVIDENCE OF WATER SHORTAGE.**

We have water issues. There is none, we have water problems.

**LENAR IS AN OLDER PERSON WHO TAKES CARE OF HER GRANDCHILDREN** LIVING IN VIWANDANI INFORMAL SETTLEMENT.

**I CAPTURED THIS TOILET BECAUSE IT HELPS US. THE OWNER HELPS US.**

We are supposed to pay for it but we lack money... We can use it on credit but sometimes we find he has left a person there who can't accept credit.



**JECINTA IS A CHILD HEADING A HOUSEHOLD** LIVING IN VIWANDANI INFORMAL SETTLEMENT



**THIS PHOTO SHOWS FAECES. THESE ARE PEOPLE WHO DO NOT HAVE A TOILET.**

When they make a bowel movement they put it in a paper and put it there. This can affect people health wise because it can bring diseases like Cholera and others.

**MAYABA IS A COMMUNITY HEALTH VOLUNTEER** LIVING IN VIWANDANI INFORMAL SETTLEMENT



**YOU CAN SEE THE COMMOTION DURING FETCHING WATER.**

It is usually sold to us but here free water is given to us by a particular well-wisher after seeing us buying water. Another challenge I have is carrying the water on my own. I have to look for someone to do it on my behalf and some would ask for money which I do not have sometimes. If I don't have money I have to rely on a kind person who will help me carry it. The energetic young men will always ask for money. I have to wait in the queue at times until someone volunteers to help me carry it and take it home. That weighs me down so much and my wish would be that the government provides water.

**BEATRICE IS AN OLDER PERSON** LIVING IN KOROGOCHO INFORMAL SETTLEMENT



**PEOPLE QUEUING FOR WATER.**

You can't stay without water; you use water for drinking, for laundry, for cooking. If there is no water for two days and you have no stock, you will be in trouble.

**PATRICK IS AN OLDER PERSON** LIVING IN VIWANDANI INFORMAL SETTLEMENT



**THIS IS MY OWN TOILET BUT I AM UNABLE TO COMPLETE IT.**

I cannot use it so I seek help from my neighbour. If I could get someone to build it for me and also a bathroom, I would be glad instead of going to ask for help from my neighbours. You know a toilet is not something to ask for help. If you have a case of diarrhoea will you go to knock on someone's door at night?

**BEATRICE IS AN OLDER PERSON** LIVING IN KOROGOCHO INFORMAL SETTLEMENT

# EDUCATION



**I TOOK THIS AT AROUND TEN O'CLOCK IN THE MORNING**

I was sent away from school for lack of fees. My mum came to school and talked with the head teacher who agreed to let me stay on for two weeks which was also an ultimatum for her to raise the fees required. This left her puzzled as she did not know where to get the money because she cannot work due to disability. I am the breadwinner in that house. In high school, I am often identified as the poor guy and no one associates with me. Especially the older boys, they make fun of me, ask others why they are associating with a poor person. My life is lonely. I walk home alone and try to study.

**CLINTON IS A CHILD HEADING A HOUSEHOLD**  
LIVING IN KOROGOCHO INFORMAL SETTLEMENT



**THIS PHOTO GIVES ME A LOT OF SADNESS AND BAD MEMORIES.**

It is a photo of my son who was in Class 7. Before COVID-19 he was okay but later he refused to go back to school so that is stressing me because he doesn't want to go back to school. I worry a lot about his future.

**MIRIAM IS A DEAF PERSON** LIVING  
IN KOROGOCHO INFORMAL SETTLEMENT

**I ALWAYS PRAY TO GOD TO PROTECT MY KIDS ON THE ISSUE OF EDUCATION.**

Their education has been a challenge to me because of finances, it stresses my mind so much. Like now they are about to do their exams and we have to pay something. That issue affects me because I feel like giving up.



**ANDREW IS A PERSON WITH DISABILITIES**  
LIVING IN KOROGOCHO INFORMAL SETTLEMENT





## MY SISTERS WERE SENT AWAY FROM SCHOOL BECAUSE OF A LACK OF SCHOOL FEES...

I FEEL I HAVE BEEN MARGINALISED BECAUSE RIGHT NOW I SHOULDN'T BE LOOKING FOR THEIR SCHOOL FEES.

**JECINTA IS A CHILD HEADING A HOUSEHOLD**  
LIVING IN VIWANDANI INFORMAL SETTLEMENT

**WORK**



### **I GET LAUNDRY WORK TO DO...**

There is some time I don't get any at all and sometimes I get, it depends... When I don't get we sleep hungry.

**JECINTA IS A CHILD HEADING A HOUSEHOLD**  
LIVING IN VIWANDANI INFORMAL SETTLEMENT



### **THIS WAS MY BUSINESS DURING COVID-19.**

I struggled to make an income. Sometimes you can open and not sell. You can go to the market and find it is expensive and wonder what to do but you just struggle to be able to get it.

**PAULINE IS A PERSON WITH DISABILITIES**  
LIVING IN VIWANDANI INFORMAL SETTLEMENT



### **THIS ILLNESS I HAVE IS A GREAT DISADVANTAGE TO ME.**

I cannot easily get a job because I walk with the help of a stick. I was working in the long distance transport business. When my last contract ended, I could not get another one because the disease got worse.

**PATRICK IS AN OLDER PERSON WITH DISABILITIES** LIVING IN VIWANDANI INFORMAL SETTLEMENT



### **I TOOK THIS PHOTO BECAUSE A CUSTOMER CAME AND WE HAD A DISAGREEMENT OVER CHANGE.**

He left me very worried and deep in thought. You see after our disagreement you don't know how many other people he is going to tell. He leaves me very stressed and angry, how do I serve my next customer? Such incidents stress me.

**JACOB IS AN OLDER PERSON** LIVING IN KOROGOCHO INFORMAL SETTLEMENT

**BEFORE MY MOTHER BECAME SICK...**

I never used to wash clothes, she either used to wash our clothes or we wash them together. But now I have to because I am doing it so that I can get paid which leaves me with no choice.



**ALICE IS A CHILD HEADING A HOUSEHOLD**  
LIVING IN KOROGOCHO INFORMAL SETTLEMENT

**WHAT I WOULD REALLY LIKE TO BE ADDRESSED IS GETTING A JOB.**

That is the most urgent because my children look up to me and I have no means of earning an income. Sometimes I am forced to beg.



**ANDREW IS A PERSON WITH DISABILITY**  
LIVING IN KOROGOCHO INFORMAL SETTLEMENT



## **I GET INCOME FROM THE GARBAGE DUMP.**

FROM THE GARBAGE I CAN GET CARTONS, PLASTIC AND ANYTHING THAT CAN BE FOUND THERE FOR RECYCLING.

YOU ARE VIEWED AS A BAD PERSON OR A MAD PERSON.

**ANDREW IS A PERSON WITH A DISABILITY**  
LIVING IN KOROGOCHO INFORMAL SETTLEMENT



**I USED TO HAWK BAGS BEFORE COVID-19.**

Sometimes I wouldn't sell, other times I would sell and come home and buy food for supper and we would have something to eat with my son and my grandchild. If I get someone to buy it for 1500 shillings, we go and do some shopping. But we don't know when I will get another person to buy another basket. Since the onset of COVID-19 I have made almost nil sales and am really suffering.

**BEATRICE IS AN OLDER PERSON** LIVING IN KOROGOCHO INFORMAL SETTLEMENT



**THESE ARE MY RABBITS.**

I started out with two but God provided more through breeding. They help sustain our family as I sometimes sell them or give them out to friends for marketing. Once I sell, I buy books, bags and clothes even for my sisters.

**CLINTON IS A CHILD HEADING A HOUSEHOLD** LIVING IN KOROGOCHOO INFORMAL SETTLEMENT



**THIS IS ALSO A SOURCE OF INCOME. I HAVE TO DO ODD JOBS FOR A LIVING.**

In this one, I am at the onion merchant's place. He is commonly known as "Baba Dennis". He has a huge space and is very well known within the market. Here, I am arranging onions for him according to size. When I have done a lot of work by the end of the day, he gives me 300 shillings.

It does not make sense to me because I am young and still providing for my family while the rest of the families have their parents for that.

**CLINTON IS A CHILD HEADING A HOUSEHOLD** LIVING IN KOROGOCHOO INFORMAL SETTLEMENT



**I COLLECT AVOCADO AND BANANA WASTE FROM THE MARKET.**

I then collect and pack individual avocado seeds from the garbage and fill up a 60Kg bag. This sack of seeds goes for about 350 shillings during the rainy season but it has since gone down to 150/100 shillings due to the constant sunny weather. This is also part of the things I do in order to provide for my family.

**CLINTON IS A CHILD HEADING A HOUSEHOLD** LIVING IN KOROGOCHOO INFORMAL SETTLEMENT

**HEALTH**



**MEDICINE IS VERY EXPENSIVE, AND BUYING LIKE FIVE OF THEM IS WASTING MONEY.**

This is because buying one box costs 150 Kenyan Shillings. So, you can find that for this week, you buy four boxes and my father has still not yet recovered. So maybe they can put up a hospital where there is medicine that is not too costly...

**BRIAN IS A CHILD HEADING A HOUSEHOLD**  
LIVING IN VIWANDANI INFORMAL SETTLEMENT



**I HAVE ISSUES WITH MY LEG.**

This leg has really troubled me and even if I go to the hospital, I don't have the money they are asking for. The money I get out of the business I am doing is very little.

**JULIA IS A COMMUNITY HEALTH VOLUNTEER AND CO-RESEARCHER** LIVING IN VIWANDANI INFORMAL SETTLEMENT



**I HAVE BEEN DISTURBED MENTALLY.**

The landlord wants his rent and I don't have money. I don't have a job right now. What I was doing ended in September so I have been struggling.

**JULIA IS A COMMUNITY HEALTH VOLUNTEER AND CO-RESEARCHER** LIVING IN VIWANDANI INFORMAL SETTLEMENT



**THE CHILDREN BECOME SICK.**

When you take them to the government hospital there are no medicines so you are forced to buy medicine outside. It is better to go to a private one where they get treated and are given medicine... I prefer the private hospital because when I go to the public one sometimes you can find they are not there or they tell you to come the following day.

**PAULINE IS A PERSON WITH DISABILITIES** LIVING IN VIWANDANI INFORMAL SETTLEMENT





**WHEN I THINK TOO MUCH, SOME THOUGHTS SOMETIMES COME TO MY HEAD...**

THAT I JUST FEEL LIKE THERE IS NO POINT BEING ALIVE IN THIS WORLD IF THIS IS THE LIFE WE ARE LIVING.

**MARTIN IS BLIND** AND LIVES  
IN VIWANDANI INFORMAL SETTLEMENT



**SOMETIMES I FEEL LIKE MY BODY IS SO TIRED.**

I have never gotten proper support to get my body checked up. I normally feel like my whole body is in pain. It feels like I have overworked it so much and that makes me think about so many things. The challenge is that when I go to the hospital they tell me to go and buy medicine but they do not understand that I don't have funds. They just refer me to a certain chemist to buy drugs there. I sometimes even contemplate killing myself when I am in the house, but then I just thank God for his love.

**ANDREW IS A PERSON WITH DISABILITIES**  
LIVING IN KOROGOCHO INFORMAL SETTLEMENT



**I TOOK THIS PHOTO WHEN I IMAGINE HOW MY MOM USED TO BE BEFORE.**

Now it hurts me so much but I always say one day my mum will get well and continue doing her responsibilities. Mum has been sick since last year. I never used to see my mum being like this...

I used to know her as one who leaves the house in the morning and comes back in the evening but nowadays, I just see her sleeping. There is nowhere that she can go, she is just there. It makes me feel so sad, so I just tell myself let me just work because when she was healthy she used to work.

**ALICE IS A CHILD HEADING A HOUSEHOLD**  
LIVING IN KOROGOCHO INFORMAL SETTLEMENT



**THIS IS NOT A HOLE, IT IS A MOSQUITO NET THAT I USE IN MY HOUSE.**

I don't sleep well during the night as the mosquitoes pass through the holes and so I have to wake up and kill the mosquitoes. The only time that I sleep well is when I am drunk. As I took this photo I was thinking and was asking myself if we will always be bitten by mosquitoes like this.

That is why my wife told me we cannot continue to live like this. Let me just try and go to work in Saudi Arabia so that our life can improve.

**ANDREW IS A PERSON WITH DISABILITIES**  
LIVING IN KOROGOCHO INFORMAL SETTLEMENT



**I USED TO GO FOR TREATMENT TO ST. MARY'S...**

(a private health facility) but I ran out of money, otherwise the growth on my cheek would have already been operated on and removed. I normally feel pain when I press it and it keeps shifting from one place to another.

I am scared it may develop into a big growth like I have seen with other people. As I age, I am worried it will affect my health as I still don't have money and my body is growing weary. I have sleepless nights from worrying too much about it. I am always thinking and wondering where I will get the money to have it operated on.

**JACOB IS AN OLDER PERSON** LIVING IN KOROGOCHO INFORMAL SETTLEMENT



**MY BODY IS GETTING WEAKER AS I AGE.**

If it gets to a point where I am unable to work I will call my son to come and take over the shop. This will mean that I will not have any source of income. Such thoughts worry me so much; I can't sleep at night.

**JACOB IS AN OLDER PERSON** LIVING IN KOROGOCHO INFORMAL SETTLEMENT



**I TOOK THIS PHOTO BECAUSE GOVERNMENT HOSPITALS DO NOT HAVE ENOUGH DRUGS.**

This photo is of a Catholic mission hospital. I took that photo because that specific hospital helps us a lot when we need medicine. If you come to our local hospital, there is no medicine but if you go to this one, you will get tested and receive all the necessary services and later on be given a prescription. We find it better to buy drugs rather than not having them completely. When one has money, they can get their drugs from there since they cannot issue you with any drugs without money.

**BEATRICE IS AN OLDER PERSON** LIVING IN KOROGOCHO INFORMAL SETTLEMENT

**SINCE COVID-19 CAME, MY HEALTH HAS DETERIORATED.**

If you observe that photo, I looked very healthy, but now I cannot properly feed myself. I cannot afford to eat fruits or vegetables which I have been advised to take lots of by the doctor for the purposes of giving me strength. This photo was taken on a day when I tried to get vegetables for my diet to no avail.



**BEATRICE IS AN OLDER PERSON** LIVING IN KOROGOCHO INFORMAL SETTLEMENT

**DISABILITY &  
ACCESSIBILITY**



### ONE DAY THE LAST HOUSE ON OUR PLOT WAS BURNING.

There were screams “fire, fire”, I was asking where is it? Nobody was answering, so I just pick a bag that has clothes, the rest can burn. I try running to the gate to get out; I was running without knowing which side the fire was. Everyone was struggling to save their things and I thought let me get these clothes so that I don't get burnt inside.

MARTIN IS BLIND AND LIVING IN VIWANDANI INFORMAL SETTLEMENT



### WE HAVE PROBLEMS WITH THE PUBLIC SERVICE VEHICLES.

Sometimes they don't stop completely for us to board or alight... they don't handle us well. You can even fall down and get injured but it is a problem for them to listen to us.

PAULINE IS A PERSON WITH DISABILITIES LIVING IN VIWANDANI INFORMAL SETTLEMENT



### WHEN MY PROSTHETIC IS SPOILED I HAVE PROBLEMS WALKING.

This means I won't get to where I was going to be able to provide for my family. When I see people walking well and are able to make their income while I am forced to rely on my broken artificial leg I pity myself because my children depend on me yet my artificial leg is at times broken... and I am unable to provide for them so I end up feeling worthless. Also sometimes when walking, people expect me to walk at their pace yet I am unable. I have to walk at a pace I can manage.

PAULINE IS A PERSON WITH DISABILITIES LIVING IN VIWANDANI INFORMAL SETTLEMENT



### BEFORE IT USED TO BE EASY TO GO TO THE HOSPITAL.

There was someone who understood sign language so it was easy for me, I never used to wait for a long time. This provider used to see me and make sure that I get the necessary assistance but since he left the services there take very long. He didn't know good signs but he could understand but since he is not there we have to wait for long. It has made me go to the chemist instead of the hospital these days.

MIRIAM IS DEAF AND LIVING IN KOROGOCHO INFORMAL SETTLEMENT



**I FEEL HELPLESS BECAUSE MY MOTHER IS BLIND AND HAS NO STRENGTH TO EVEN WALK.**

THIS HAS MADE ME FEEL ABANDONED AS OTHER FAMILIES WAIT FOR THEIR PARENTS TO PROVIDE FOR THEM.

HER DISABILITY MAKES OTHERS ISOLATE THEMSELVES FROM ME, THEY ARE LUCKY THEY HAVE PARENTS WHO PROVIDE.

**CLINTON IS A CHILD HEADING A HOUSEHOLD**  
LIVING IN KOROGOCHO INFORMAL SETTLEMENT

**OUR SIDEWALKS ARE VERY NARROW.**

I don't feel safe while am walking. This makes it very risky for us deaf people to walk on the road. If I want to go somewhere I must plan my route first.



**MIRIAM IS A DEAF PERSON**  
LIVING IN KOROGOCHO INFORMAL SETTLEMENT

**THIS IS THE SHOP WHERE I GO TO BUY THINGS. THERE IS A CHALLENGE WITH COMMUNICATION, SINCE THERE IS NO TRANSLATOR.**

When I go to buy something to wash or clean like soap or if I want medicine and my daughter is not there it becomes a problem because people just come and pass me to go and buy, there is no one to assist me. On this day I was alone - that's why I took the picture to show communication is a problem.



**MIRIAM IS A DEAF PERSON**  
LIVING IN KOROGOCHO INFORMAL SETTLEMENT

**OTHER**





**I TOOK THIS PICTURE OF YOUNG PEOPLE SEATED SOMEWHERE ALONG THE STREET.**

I TOOK IT BECAUSE WHEN THEY ARE IN THAT PLACE, THEY DO DRUGS, TAKE ALCOHOL, BHANG (MARIJUANA) AND IF I PASS BY LATE IN THE EVENING WHEN I AM GOING TO THE SHOP,

**I GET SCARED.**

**BEATRICE IS AN OLDER PERSON**  
LIVING IN KOROGOCHO

**I TEACH THESE LADIES KARATE.**

You can see my punching bag here. We started training around the same time two elderly women were murdered. There came a well-wisher who was a foreigner and when he heard about the murders the wife volunteered to teach us some few karate moves. We chose to call the program Cucu Jikingo.



**BEATRICE IS AN OLDER PERSON LIVING IN KOROGOCHO**

**IN THE SLUMS, ILLICIT BREW IS SOLD IN THE OPEN. I HAVE NEVER SEEN ILLICIT BREW SOLD BY THE ROADSIDE WHEN I PASS IN BURU BURU.**

But in the slums, you just find it there and you don't even walk a long distance to find another one. It's not like the police are not there, they are there and they see them and are used to them. People are brewing illicit brews and drinking, children also end up drinking yet they are still underage.



**BEATRICE IS A COMMUNITY HEALTH WORKER AND CORESEARCHER LIVING IN VIWANDANI INFORMAL SETTLEMENT**



**I HAVE TAKEN A PICTURE OF THIS DOOR BECAUSE THE LANDLORD HAS LET US STAY**

But we haven't paid him... I feel bad that I haven't paid him and he might get angry and come and evict us from the house.

**JECINTA IS A CHILD HEADING A HOUSEHOLD**  
LIVING IN VIWANDANI INFORMAL SETTLEMENT



**THINGS ARE EXPENSIVE; I DO SELL BHAJIA.**

Potatoes are expensive, there is no firewood and cooking oil is very expensive. Even if I sell for three days, it can't pay my rent, and my needs; I also have a family.

**JULIA IS A COMMUNITY HEALTH WORKER AND CO-RESEARCHER** LIVING IN VIWANDANI INFORMAL SETTLEMENT



**WE HAD THAT UGALI BUT HAD NOTHING LIKE VEGETABLES TO EAT IT WITH...**

Sometimes we have the vegetables with no money for flour. We make black tea but when there is no paraffin, we eat it with salt.

**JECINTA IS A CHILD HEADING A HOUSEHOLD**  
LIVING IN VIWANDANI INFORMAL SETTLEMENT



**FOOD DEPENDS ON MONEY, IF YOU HAVE NO MONEY, YOU WON'T GET FOOD.**

Sometimes things like vegetables depend on money; if you have little money you will not get good quality ones.

**PATRICK IS AN OLDER PERSON**  
LIVING IN VIWANDANI INFORMAL SETTLEMENT



### WHEN YOU DON'T GIVE A CHILD A BALANCED DIET...

They may get thin and will be prone to various diseases. Because the food that we eat is not a balanced diet so there comes a problem.

**PAULINE IS A PERSON WITH DISABILITIES**  
LIVING IN VIWANDANI INFORMAL SETTLEMENT



### WHEN MY FRIENDS CALL ME TO HANG OUT...

I cannot because most of the time, my mind is thinking of home. My friends sometimes advise and encourage me to stop thinking about home and my family but I cannot because I am the one who has to sustain it.

**CLINTON IS A CHILD HEADING A HOUSEHOLD**  
LIVING IN KOROGOCHO INFORMAL SETTLEMENT

### I SOMETIMES ASK MYSELF...

Whether we shall be able to overcome and make it through to take care of the children. Because I am the one taking care of these children and I am old and I am not able. I sometimes feel depressed but I ask myself if I commit suicide who will I leave these children with... that will be the problem and then I just decide no, I won't commit suicide. I usually wish I couldn't have given birth to her (my daughter). A person who gave birth to three children and left them and she can't even come with a mango to give the young one. I feel bad...



**LENAR IS AN OLDER PERSON**  
LIVING IN VIWANDANI INFORMAL SETTLEMENT



# ACKNOWLEDGEMENTS

The Community leaders in both Korogocho and Viwandani for their support as we implemented the study.

The following colleagues at LVCT Health: Dr Lilian Otiso, Nelly Muturi, Inviolata Njoroge, Linet Okoth, Faith Munyao, Sakibu Lyaga, Mercy Kihui, Jane Muturi and Robinson Karuga.

Hayley Stewart and Kate Hawkins of Pamoja Communications.

Special gratitude to all the co-researchers in Viwandani and Korogocho Informal Settlements who gave us insights on vulnerability and marginalisation through photo voice and interviews.





**ARISE**

Accountability in Urban Health