

## **Appendix 1**

Rockness R. Temba

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20 September 2003

Chairman,

Mburahati Barafu Development Community

P.O.Box 78455,

Dar es Salaam.

**RE: FIELD ATTACHMENT**

Please refer to the above heading,

My name is Rockness R. Temba; I am a management trainee from the Community Economic Development (CED) Programm at the Open University of Tanzania. The program is offered jointly between the Open University of Tanzania and Southern New Hampshire University of United States of America.

Through my research on Community Based Organization, I come to learn about your community and activities that you intend to achieve; construction of bridges, construction of drainage systems and other social and development projects.

I have a wide range of skills in project design, project plan, survey, monitoring and evaluation; which will be useful in your organization. Thus I am requesting for the consultation work in your organization. This technical assistance will be offered free of charge.

Should my application be acceptable please notify me so that we can meet and arrange for work plan

Yours Sincerely,

Rockness R. Temba

Cc

Chairman of local government Mburahati Barafu

Ward Officer Mburahati

## Appendix 2

Establishment of health centre

Mburahati Barafu Development Community

Dodoso

Questionnaire form

1. Unaishi mtaa gani hapa Mburahati? .....

In which street in Mburahati do you live? .....

2. Jinsi yako ni (Weka alama ✓katika jibu utakalochagua)

a. Mwanamke

b. Mwanaume

Gender(put✓in the appropriate answer)

a. Female

b. Male

3.Umri:

a. 15- 20

b. 21-40

c. 41-60

d. zaidi ya 60

Age:

a. 15- 20

- b. 21-40
- c. 41-60
- d. above 60

4. Kuna mahitaji gani muhimu unayokosa katika eneo lako?( weka alama✓katika jibu utakalochagua,)

- a. Kituo cha Afya
- b. Maji
- c. Barabara

What are the basic needs lacking in your locality?( put ✓in the appropriate answer)

- a. Water
- b. Health centre
- c. Road

5. Katika mahitaji haya ungependelea tatizo lipi lianze kupewa kipaumbele?(weka alama✓katika jibu utakalochagua)

- a. maji
- b. Kituo cha afya
- c. Barabara

Which problem/ needs would you like to be given priority?(put✓in the appropriate answer)

- a. water

b.health centre

c.road

6. Kuna adha yoyote ya kupata huduma ya afya?( weka alama ✓katika jibu utakalochagua)

a. Ndiyo

b. Hapana

Do you have difficulties in obtaining health services? (put ✓ in the appropriate answer)

a. Yes

b. No

7. Kuna magonjwa gani yanayojitokeza mara kwa mara hapa Mburahati?

a. ....

b. ....

c. ....

What are the common diseases in your locality?

a. ....

b.....

c.....

8. Kuna matatizo gani yanayowasibu akina mama wawazito hapa Mburahati?

a. ....

b. ....

c. ....

What are the major problems facing pregnant women in your locality?

a. ....

b. ....

c. ....

9. Ni huduma zipi ungependelea kutolewa na kituo cha afya hapa Mburahati?

a. ....

b. ....

c. ....

What is the health services would you prefer your health centre to provide in your locality?

a. ....

b. ....

c. ....

10. Kuna umbali gani kutoka nyumbani hadi kituo cha afya? .....

What is the distance from your locality to health services? .....

10. Unafanya shughuli zipi za kiuchumi kuingiza kipato?

(a)

(b)

(c)

What economic activities do you do to earn your living?

- (a) .....
- (b) .....
- (c) .....

11. Una kiwango gani cha elimu?(weka✓katika jibu utakalochagua)

- a. msingi
- b. sekondari
- c. chuo
- d. chuo kikuu

what is your education level(put✓in the appropriate answer)

- a. primary
- b. secondary
- c. college
- d. university

12 .Upo tayari kushiriki/ kuchangia katika shughuli za maendeleo katika eneo lako?(weka

alama✓katika jibu utakalochagua)

- a. Ndiyo
- b. Hapana

Are you ready to participate/ contributing to social development activities in your locality? (put✓in the appropriate answer)

- a. Yes
- b. No

13. Mchango wako utakuwa ni nini katika shughuli za maendeleo katika eneo lako?  
(weka alama✓katika jibu utakalochagua)

- a. Kuchangia pesa
- b. Nguvu kazi
- c. Vitendea kazi



### Appendix 3

#### LOGFRAME

**PROJECT Name:** project proposal for constructing a health centre for Mburahati Ward community

Narrative Summary	Objectively verifiable indicators	Means of verification	assumptions
Goal: provide and access health services for Mburahati people by constructing a health centre	80% of household in the community access health services in their locality by 2007  equal access to health services for female and male increased by 60%	Sample household (baseline, mid-term, end of project three year after completion) observations by project and implement partners staffs, project monitoring reports, and analysis of health centre record books	Community will secure fund for constructing a health centre  Health centre services are in operation
Project purpose  To construct a health centre for Mburahati ward  Community	Barrier to access health services reduced by 50% by 2007	health centre registers  records  project progress reports  field visit	Donors are available  Community people are ready to contribute  Funds are

			available
Output 1:0	Consultant visited CBO	Project reports, visitors book	Community
Health centre constructed and operational	leaders, September 2003		leaders would have accepted
Activities:	Consultant and CBO leaders	Visitor's book	to work with a consultant
Contacted informal and formal leaders in the community for familiarization	met in October 2003		Community leaders will accept to meet with a consultant.
Organized and conducted a meeting with CBO leaders to identify problems	Consultant, and CBO leaders met in November 2003	Meeting minutes	Willingness of the community leaders to participate and collaborate
Conducted needs assessment to verify the need of a health centre	120 community people were given questionnaire forms in May – June 2004	Contribution/donation receipt books	Community people will participate and cooperate.
Meet government officials of Kinondoni Municipality for clarifying issues of land and staff.	community leaders and consultant met with government officials in July 2004	Project reports	Willingness of government
Mobilize community people	more than 90% of the		

for fund raising	community people participate and contributed to fund raising by 2006	Health centre register books, observation	officials to give cooperation
Approach donors to solicit fund for construction and equipments	number of donors approached and funds contributed by 2006		Community people are willing to participate and contribute
Output 2:0	Number of community people(women, men and children) attending to a new health centre	Project reports, interview with project management committee	Donors will donate funds for constructing a health centre
Barrier to health services reduced	One new health centre constructed in Mburahati ward by 2006		Households in the Community will use the health centre facilities
Activities:	Number of skilled health personnel available at the centre		Funds are available
construct a health centre in Mburahati Barafu	85% of women and men in the community are aware of voluntary counseling and test services in the community		
skilled health personnel are in place	number of qualified counselors available at the centre		Government will
Output no. 3.0:			
Provided Voluntary			

Counseling and Test	number of testing equipments available		assign health personnel to the health centre
	number of technicians available	Project reports	Households in the community will use this facility
Activities:	number of seminars conducted		
To conduct community training on the importance of voluntary counseling and test	85% of women and men in the household are accessing health services at their locality by 2007	Health centre register books, observation	Facilities for Voluntary Counseling and Test are available
Output 4.0:	number of health and CBO	Project reports, observations	
Health status of community people improved	staffs available for sensitizing the community	Observations, attendance register	
Activities:	number of programs started up		
Sensitize community people to use health facilities	for community awareness by 2007	Health centre registers records, observations.	
		Training reports	Funds are available
		Health centre registers records	
Start health awareness program		Project reports, project management committee	Women and Men at the

<p>Activities for output no 1.0-4.0:</p> <p>To conduct Participatory monitoring and evaluation (PM&amp;E) activities</p> <p>Preparation of monitoring and evaluation plan relying on project plan</p> <p>Quarterly review meeting</p> <p>Field visit to health centre project</p> <p>Field visit to the beneficiaries</p>	<p>Number of technical support staff</p> <p>Number of field visit conducted</p> <p>Number of meeting conducted</p>	<p>meeting minutes</p> <p>Quarterly review reports</p> <p>Mid term review reports</p> <p>Monitoring reports</p>	<p>community will utilize the available health services.</p> <p>Community will participate in all programs for sensitizing and awareness initiated in the their locality</p> <p>Funds are available</p> <p>Funds are available</p>
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## BILLS OF QUANTITIES

## Appendix 4

ITEM	PARTICULARS	UNIT	QTY	RATE	AMOUNT
	<b>SUMMARY</b>				
	<b>PHASE I – “BLOCK E”</b>				
	Page 1/1			Tshs.	26,098,900
	Page 2/1			Tshs.	66,541,780
	Page 3/1			Tshs.	15,483,760
	Page 4/1			Tshs.	31,455,120
	<b>Sub Total</b>			Tshs	<b>139,579,560</b>
	Add: 10% for electrical + drainage			Tshs.	13,957,956
	<b>PHASE I TOTAL</b>			<b>Tshs.</b>	<b>153,537,516</b>
	<b>PHASE II – “BLOCK A,B,C,E,D”</b>				
	Page 1/1			Tshs.	30,059,400
	Page 2/1			Tshs.	39,074,360
	Page 3/1			Tshs.	17,077,670
	Page 4/1			Tshs.	14,990,800
	<b>Sub Total</b>			Tshs.	<b>101,202,230</b>
	Add 10% for electrical + drainage			Tshs.	10,120,223
	<b>PHASE II TOTAL</b>			<b>Tshs.</b>	<b>111,322,453</b>
	<b>GRAND TOTAL</b>			<b>Tshs.</b>	<b>264,859,969</b>

## PHASE I – “BLOCK E”

ITEM	PARTICULARS	UNIT	QTY	RATE	AMOUNT
	<b>ELEMENT No. 1</b>				
A.	<b>SUBSTRUCTURE</b> <b><u>Site Preparations</u></b> Excavate over site average 150mm deep to remove vegetable soil and remove out of the site	M <sup>2</sup>	660	250	165,000
B.	<b><u>Excavation</u></b> Excavate strip foundation trench commencing at stripped level to a depth not exceeding 150 metres deep	M <sup>3</sup>	435	5,200	2,262,000
C.	Extra over for excavating in rocks and the like	M <sup>3</sup>	44	3,500	154,000
	Ditto in running sand, cotton soil and the like (provisional)	M <sup>3</sup>	44	2,000	88,000
E.	<b><u>Hardcore filling</u></b> 150 mm bed leveled and blinded with hardcore to receive polythene membrane ( measured separately)	M <sup>2</sup>	564	2,500	1,410,000
F.	<b><u>Soil back filling</u></b> Soil back filling imported or any which is approved by the engineer	M <sup>3</sup>	507	13,500	6,844,500
G.	<b><u>Concrete work</u></b> Plain concrete to :				
	100mm bed	M <sup>2</sup>	60	7,100	426,000
H.	Foundation	M <sup>3</sup>	70	71,000	4,970,000
I.	<b><u>Sawn Form work to</u></b> Vertical edge of bed not exceeding 150mm high	M	112	2,500	280,000
J.	<b><u>Block work</u></b> Solid concrete block to Bs standard. 230mm foundation wall	M <sup>2</sup>	621	13,800	8,569,800
K.	<b><u>Damp proofing</u></b> 500 gauge heavy duty damp proof membrane over blinded hardcore (measured separately)	M <sup>2</sup>	564	1,400	789,600
L.	<b><u>Rendering</u></b> Cement – sand external rendering to block work plinth	M <sup>2</sup>	56	2,500	140,000
	<b>PAGE COLLECTION</b>				<b>26,098,900</b>

ITEM	PARTICULARS	UNIT	QTY	RATE	AMOUNT
	<b><u>ELEMENT No. 2 WALLINGS</u></b>				
	<b>BLOCK WORK</b>				
	<b>Solid concrete blockwork to Bs standard</b>				
A.	150mm wall	M <sup>2</sup>	2,500	10,000	25,000,000
B.	150mm eave filling by 230mm high including necessary cuttings	M	112	330	36,960
	<b><u>Concrete work</u></b>				
	Vibrated reinforced in- situ concrete grade '20' to				
C.	Ring beam 150mm *230mm	M <sup>3</sup>	17	82,500	1,402,500
D.	Columns	M <sup>3</sup>	5	82,500	1,402,500
	<b><u>Formwork to</u></b>				
E.	Vertical sides of ring beam	M <sup>2</sup>	191	5,000	955,000
F.	Soffities of ring beam above opening	M <sup>2</sup>	13	5,000	65,000
	<b><u>Reinforcement</u></b>				
	High tensil steel reinforcement to Bs 4449.1969				
G.	8mm bars	Kgs	1080	1,430	1,544,400
H.	12mm bars	Kgs	9359	1,820	17,033,380
I.	16mm bars	Kgs	3138	2,210	6,934,780
	<b><u>ELEMENT No. 3 ROOFING</u></b>				
	<b><u>Roof structure</u></b>				
	Wood work				
	Sawn soft wood pressure				
	Impregnated with preservative				
J.	50*100mm struts	M	336	1,260	406,560
K.	50*150mm bottom chord	M	420	2,300	966,000
L.	50*150mm Rafters	M	464	2,300	1,067,200
M.	50*150mm wall plate	M	168	2,300	386,400
N.	50*75mm purlins	M	936	1,500	1,404,000
	<b><u>Carpenters metal works</u></b>				
O.	Galvanized 12mm Ø bar 300mm long fixed from block wall	Nos	162	2,800	453,600
P.	12mm M.S. nut	Nos	162	1,500	243,000
Q.	prime quality Mninga hardwood 25*250mm Fascia board	M	168	7,000	1,176,000
	<b><u>Roof covering</u></b>				
R.	Roof covering by corrugated iron sheets sloping not exceeding 25 degrees 3m type	M <sup>2</sup>	933	6500	6,064,500
	<b>PAGE COLLECTION</b>				<b>66,541,780</b>



ITEM	PARTICULARS	UNIT	QTY	RATE	AMOUNT
A.	Corrugated iron sheet ridges and valleys	M	100	2,200	220,000
B.	<b><u>Ceiling</u></b> Fabrication of roof ceiling (chip board-type) including 50*50mm joints and beads	M <sup>2</sup>	680	7,150	4,862,000
<b><u>ELEMENT Nos 4 – DOORS + WINDOWS</u></b>					
<b>Hardwood paneled door Completely fitted in 50* 100mm frame (hardwood).</b>					
C.	2000*2500mm		1	200,000	200,000
D.	1000*2500mm	Nos	13	130,000	1,690,000
E.	800*2100mm	Nos	12	120,000	1,440,000
<b><u>Windows</u></b>					
F.	1500*1700mm windows completely fitted into 50*100mm hardwood frame and glass shutter provided with mosquito gauze.	Nos	5	110,000	550,000
G.	1200*1700mm ditto		10	95,000	950,000
H.	800*1000mm ditto	Nos	14	85,000	1,190,000
<b><u>window cills</u></b>					
I.	fabricate concrete window cills to windows	Item			200,000
<b><u>ELEMENT Nos. 5- FINISHING PLASTERING</u></b>					
J.	Cement – sand (1:4) plastering and finish with cement- lime steel trowelled smooth to external walls.	M <sup>2</sup>	1000	3520	3,520,000
K.	Cement – sand (1:4) plastering to all external wall with rough finish.	M <sup>2</sup>	188	3520	661,760
<b>PAGE COLLECTION</b>					<b>15,483,760</b>

ITEM	PARTICULARS	UNIT	QTY	RATE	AMOUNT
A.	Cement – sand (1:4) plastering and finish with cement lime steel trowelled smooth to internal walls	M <sup>2</sup>	4712	3,500	16,492,000
	<b><u>PAINTING AND DECORATIONS</u></b>				
B.	Supply and apply three coats of white approved plastic emulsion paint to all internal plastered walls and ceiling	M <sup>2</sup>	5392	2,000	10,784,000
C.	Supply and apply three coats of white emulsion paint to all external cement lime trowelled walls	M <sup>2</sup>	100	2,000	2,000,000
D.	Supply and apply approved coloured cement sand taylorian (1:3) to all external rough finished walls in 3 coats	M <sup>2</sup>	188	5,040	947,520
E.	Supply and apply black oil paint to external wall skirting not exceeding 500mm above ground level	M <sup>2</sup>	60	2000	120,000
F.	Supply and apply three coats of approved oil paint to fascia board	Item			180,000
G.	Supply and apply three coats of mahogany clear varnish to wooden shutters	Item			250,000
H.	Lay 50mm cement- sand floor screed (1:3) on top of concreted floor slab smoothly troweled	M <sup>2</sup>	564	4400	2,481,600
	<b>PAGE COLLECTION</b>				<b>31,455,120</b>

## PHASE II – BLOCK “A, B, C, &amp;D”

ITEM	PARTICULARS	UNIT	QTY	RATE	AMOUNT
A.	<b>ELEMENT No. 1</b> <b>SUBSTRUCTURE</b> <b>Site Preparations</b> Excavate over site average 150mm deep to remove vegetable soil and remove out of the site	M <sup>2</sup>	1440	250	360,000
B.	<b>Excavation</b> Excavate strip foundation trench commencing at stripped level to a depth not exceeding 150 metres deep	M <sup>3</sup>	382	5,200	1,986,400
C.	Extra over for excavating in rocks and the like	M <sup>3</sup>	38	3,500	133,000
D.	Ditto in running sand, cotton soil and the like (provisional)	M <sup>3</sup>	38	2,000	76,000
E.	<b>Hardcore filling</b> 150 mm bed leveled and blinded with hardcore to receive polythene membrane ( measured separately)	M <sup>2</sup>	746	2,500	1,865,000
F.	<b>Soil back filling</b> Soil back filling imported or any which is approved by the engineer	M <sup>3</sup>	572	13,500	7,722,000
G.	<b>Concrete work</b> Plain concrete to :				
H.	100mm bed	M <sup>2</sup>	71	7,100	504,100
I.	Foundation	M <sup>3</sup>	56	71,000	3,976,000
	<b>Sawn Form work to</b> Vertical edge of bed not exceeding 150mm high	M	188	2,500	470,000
J.	<b>Block work</b> Solid concrete block to Bs standard. 230mm foundation wall	M <sup>2</sup>	935	12,500	11,687,500
K.	<b>Damp proofing</b> 500 gauge heavy duty damp proof membrane over blinded hardcore (measured separately)	M <sup>2</sup>	746	1,400	1,044,400
L.	<b>Rendering</b> Cement – sand external rendering to block work plinth	M <sup>2</sup>	94	2,500	235,000
	<b>PAGE COLLECTION</b>				<b>30,059,400</b>

ITEM	PARTICULARS	UNIT	QTY	RATE	AMOUNT
	<b><u>ELEMENT No. 2 WALLINGS</u></b>				
	<b>BLOCK WORK</b>				
	<b>Solid concrete blockwork to Bs standard</b>				
A.	150mm wall	M <sup>2</sup>	1254	10,000	12,549,000
B.	150mm eave filling by 230mm high including necessary cuttings	M	188	330	62,040
	<b><u>Concrete work</u></b>				
	Vibrated reinforced in- situ concrete grade '20' to				
C.	Ring beam 150mm *230mm	M <sup>3</sup>	23	82,500	1,897,500
D.	Columns	M <sup>3</sup>	5	82,500	412,500
	<b><u>Formwork to</u></b>				
E.	Vertical sides of ring beam	M <sup>2</sup>	167	5,000	835,000
F.	Soffities of ring beam above opening	M <sup>2</sup>	17	5,000	85,000
	<b><u>Reinforcement</u></b>				
	High tensil steel reinforcement to Bs 4449.1969				
G.	8mm bars	Kgs	1360	1,430	1,944,800
H.	12mm bars	Kgs	3175	1,820	5,78,500
I.	16mm bars	Kgs	2728	2,210	6,028,880
	<b><u>ELEMENT No. 3 ROOFING</u></b>				
	<b><u>Roof structure</u></b>				
	Wood work				
	Sawn soft wood pressure				
	Impregnated with preservative				
J.	50*100mm struts	M	384	1,210	464,640
K.	50*150mm bottom chord	M	480	2,300	1,104,000
L.	50*150mm Rafters	M	529	2,300	1,216,700
M.	50*150mm wall plate	M	132	2,300	305,600
N.	50*75mm purlins	M	564	1,000	564,000
	<b><u>Carpenters metal works</u></b>				
O.	Galvanized 12mm Ø bar	Nos	139	2,800	389,200
	300mm long fixed from block wall				
P.	12mm M.S. nut	Nos	139	1,500	208,500
Q.	prime quality Mninga hardwood	M	222	7,000	1,554,000
	25*250mm Fascia board				
	<b><u>Roof covering</u></b>				
R.	Roof covering by corrugated iron sheets sloping not exceeding 25 degrees 3m type	M <sup>2</sup>	567	6,500	3,685,500
	<b>PAGE COLLECTION</b>				<b>39,074,360</b>

ITEM	PARTICULARS	UNIT	QTY	RATE	AMOUNT
A.	Corrugated iron sheet ridges and valleys	M	139	2,800	389,200
B.	<b><u>Ceiling</u></b> Fabrication of roof ceiling (chip board-type) including 50*50mm joints and beads	M <sup>2</sup>	761	7,150	5,441,150
<b><u>ELEMENT Nos 4 – DOORS + WINDOWS</u></b>					
C.	<b>Protected Grill door</b> 5000*2500mm	Nos	1	500,000	500,000
	<b>Hardwood paneled door</b> <b>Completely fitted in 50* 100mm frame (hardwood).</b>				
D.	2000*2500mm	Nos	2	200,000	400,000
E.	1000*2500mm	Nos	8	130,000	1,040,000
F.	800*2100mm	Nos	19	120,000	2,280,000
G.	1500*2500mm	Nos	2	250,000	500,000
<b><u>Windows</u></b>					
H.	1500*1700mm windows completely fitted into 50*100mm hardwood frame and glass shutter provided with mosquito gauze.	Nos	35	110,000	3,850,000
I.	800*1000mm ditto	Nos	15	85,000	1,275,000
J.	<b><u>window cills</u></b> fabricate concrete window cills to windows	Item			290,000
<b><u>ELEMENT Nos. 5- FINISHING PLASTERING</u></b>					
K.	Cement – sand (1:4) plastering to all external wall with rough finish.	M <sup>2</sup>	316	3520	1,112,320
<b>PAGE COLLECTION</b>					<b>17,077,670</b>

ITEM	PARTICULARS	UNIT	QTY	RATE	AMOUNT
A.	Cement – sand (1:4) plastering and finish with cement lime steel trowelled smooth to internal walls	M <sup>2</sup>	1488	3,520	5,237,760
	<b><u>PAINTING AND DECORATIONS</u></b>				
B.	Supply and apply three coats of white approved plastic emulsion paint to all internal plastered walls and ceiling	M <sup>2</sup>	2249	2,000	4,498,000
C.	Supply and apply approved coloured cement sand tylorian (1:3) to all external rough finished walls in 3 coats	M <sup>2</sup>	316	5,040	1,592,640
D.	Supply and apply black oil paint to external wall skirting not exceeding 500mm above ground level	M <sup>2</sup>	55	2,000	110,000
E.	Supply and apply three coats of approved oil paint to fascia board	Item			120,000
F.	Supply and apply three coats of mahogany clear varnish to wooden shutters	Item			150,000
G.	Lay 50mm cement- sand floor screed (1:3) on top of concreted floor slab smoothly troweled	M <sup>2</sup>	746	4,400	3,282,400
	<b>PAGE COLLECTION</b>				<b>14,990,800</b>