



Women participate in a health education session at CWS-P/A's health center in Thatta.
Photo by Donna Fernandes, June 2013

Newsletter

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CHURCH WORLD SERVICE
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Dear Readers,

CWS-P/A's May to August 2013 newsletter highlights activities that promote peace, rights, and awareness. It also contains news about ongoing emergency response to disaster-affected communities in Pakistan.

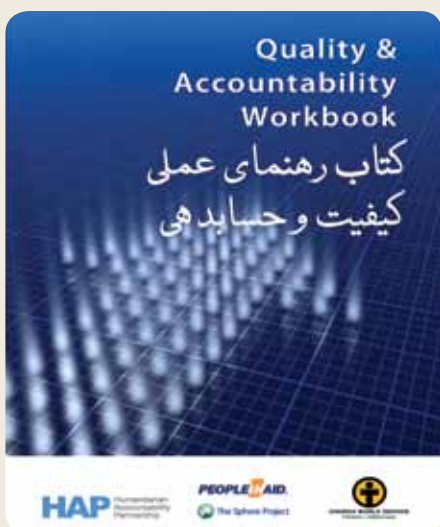
Read about CWS-P/A's work in Afghanistan to help children in Bamyan gain life skills and more at the child rehabilitation center. This edition's suggested reading is the *Quality and Accountability Workbook* in Dari, which contains introductions to international standards for quality and accountability.

Marvi's story is about a woman who hopes to apply learning from CWS-P/A's vocational training and literacy center in Thatta, Pakistan. She is a participant in a project that aims to enhance women's economic empowerment and support community resilience through its disaster risk reduction component.

As always, thank you for reading our newsletter. Send feedback and suggestions to commoffice@cwspa.org.pk

The CWS - P/A team

Q&A Workbook in Dari Language



CWS-P/A's Q&A Workbook is now available in Dari language. English and Sindhi versions of the workbook are also available. The workbook contains an introduction to Sphere, HAP Standard in Accountability and Quality Management, and People in Aid Code of Good Practice. It also contains Q&A best practices, Red Cross and Red Crescent Movement Code of Conduct, and CWS-P/A's Complaint Response Mechanism (CRM).

The workbook is available through CWS-P/A'S Strengthening Humanitarian Assistance (SHA) Program. For more information and to order a copy of the workbook, please contact: shaprograms@cwspa.org.pk

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CWS-P/A as an ecumenical organization will struggle for a community based on social justice, regardless of class, religion, gender, and culture by assisting marginalized communities in an accountable manner to achieve economic prosperity and improve human and social capital through participatory endeavor, which liberates people enhances their capacities to take control of their lives.

EDITORIAL TEAM : Kelli Siddiqui, Donna Fernandes, Hira Sajjad, Shahzad Ahmad, & Shama Mall

PHOTO CREDITS : Donna Fernandes, Shahzad Ahmad, Hira Sajjad, Rhea Simms and CWS-P/A Staff

HIV&AIDS: Rights, Roles and Responsibilities

May 2013

According to UNAIDS, nearly five million people were living with HIV in South, Southeast, and East Asia combined in year 2011. In Pakistan, 130,000 people are living with HIV. To promote awareness on HIV and AIDS, sexual health, sexuality and sexual rights, CWS-P/A conducts sessions with adolescents, communities, and other organizations. Training of trainer (ToT) sessions are conducted for staff from rural organizations to discuss and exchange ideas on how to help increase awareness within community networks.

Twenty individuals, who are experienced in conducting programs with communities on social issues, attended a five-day ToT on HIV&AIDS organized by CWS-P/A in Murree. The participants gained knowledge, tools, and ideas which enhanced their understanding of HIV&AIDS and increased their capacity to impart this education

to others. "This five-day ToT has increased my knowledge about topics which are very difficult for us to discuss in our area but the training facilitators made it possible for us. Now, I can not only talk about it but also I can guide others on the said topic," said Ms. Zubaida Kanwal from Youth Organization.

The objective of this ToT was to identify and discuss the basic facts about the HIV&AIDS situation in Pakistan. The participants explored and facilitated the discussion on the impact of epidemic at personal and community levels and discussed effective, rights-based, gender specific intervention strategies and stakeholders. Information on core values, sexual and reproductive health, gender, STIs (sexually transmitted infections), HIV&AIDS, and hepatitis was provided through lectures, discussions, presentations, and group activities. "This was a very important and very rare opportunity for me, and I have also taken full advantage of that. Now, I am able to distinguish between rights, roles, and responsibilities of an individual related to health issues of HIV & AIDS and hepatitis. Now, I am also able to conduct these sessions since my facilitation skills have also improved," shared Mr. Akber Khan, one of the participants.



Assistance to Disaster-Affected Families of Pakistan

June-August

CWS-P/A assists vulnerable families following disasters and conflicts in a variety of ways which aim to strengthen their resilience and reduce their vulnerabilities. During recent months, CWS-P/A extended support to disaster and conflict-affected communities by providing basic health facilities and distributing food packages to more than 13,000 families in Balochistan, Khyber Pakhtunkhwa, and Sindh.



The acceleration of military operations against militants in the Federally Administered Tribal Areas (FATA) and parts of Khyber Pakhtunkhwa (KPK) Province caused large-scale displacements across the region. In mid-March 2013, operations in Khyber Agency resulted in displacement of around 17,140 families from Tirah Valley, which borders Kurram and Orakzai agencies of FATA, to safer places in other sub divisions of Khyber Agency and Kohat District. Food, shelter, safe drinking water, and health care support were their top priorities. CWS-P/A distributed 524 food and non-food packages to address the most urgent needs of internally displaced households as life-saving assistance. The response was made possible with the support from DanChurchAid under the ACT Appeal PAK 131.



In June 2013, CWS-P/A distributed food packages to 260 families in Mashkel District, Balochistan Province, which was severely affected when a major earthquake struck near the Iran-Pakistan border on April 16, 2013. Over 1,000 houses were damaged in the district, leaving hundreds of families homeless. The affected communities of Mashkel are socially and economically marginalized and had no resources to cope with the disaster conditions, facing an immediate need of food and non-food items as well as emergency health assistance. Being far away from both federal and provincial capitals, Mashkel is difficult to access by road, which limited the response by humanitarian agencies. This assistance was made possible with financial support from United Methodist Committee on Relief (UMCOR) and CWS, Inc.

Jacobabad District, Sindh was severely affected during the 2012 monsoon. A need assessment conducted by CWS-P/A in August 2013 showed that ninety percent of agriculture land was affected by the floods while sixty percent was still inundated. CWS-P/A initiated food and health assistance for flood-affected families in Miranpur and Allahabad union councils. Food security assistance benefits 4,000 families. The initiative is possible with the financial support of Canadian Foodgrains Bank through Presbyterian World Service and Development and comprises of the distribution of rice seeds along with four months of food packages. The food packages are included to meet the food security needs of families between the planting and harvesting season. Training on integrated crop





management (ICM) and community based disaster risk management (CBDRM) was also provided to these families.

Health care was provided to communities in Jacobabad, Sindh with support from World Renew. More than 30,000 health consultations were provided since April 2013. Five hundred delivery kits and 1,944 hygiene kits were also distributed. Health services were extended for one month to meet the needs of families affected by the 2013 monsoon rains and floods.

In early August, parts of Pakistan were affected by heavy monsoon rains and floods. CWS-P/A immediately initiated support for families in Thatta and Jacobabad. CWS-P/A distributed one-month food packages to 1,157 families in Thatta. The assistance was possible with financial support from DanChurchAid, UMCOR, and Christian Aid. In Jacobabad, 2,000 families will benefit from the distribution of food packages over three consecutive months beginning in September 2013, with financial support from Canadian Foodgrains Bank through Presbyterian World Service and Development. With support from World Renew, 306 families will benefit from non-food items and shelter kits.

CWS-P/A's food packages are based on Sphere standards and meet the requirement of 2,100 kilocalories per person per day for a family of 6 to 7 members and further support food security by ensuring sufficient amounts of fats and

protein intake. During the identification and selection process of beneficiaries, priority is given to women-led households, disabled heads of household, orphans and the elderly, and other vulnerable families.



Peace Festival Unites Communities in Mirpurkhas

June



“Peace is something which can be attained through education and this is our prime responsibility. Every organization and government should ensure that education is their responsibility and they should contribute in achieving peace from education. CWS-P/A is doing great work from last many years, and I congratulate them to continue striving for the basic issues in the society,” shared Babar, Assistant District Officer for Education, at CWS-P/A’s peace festival in Mirpurkhas District, Sindh.

In June 2013, CWS-P/A organized a peace festival in Mirpurkhas. CWS-P/A held its first peace festival in 2011 with 300 community members in attendance. This year, 400 community members attended the second peace festival including representatives from schools that use CWS-P/A’s peace manuals and workbooks. The peace festival offered a great opportunity to put aside differences and unite for a common interest in peace. Activities at the

event included speech competitions on peace in Pakistan, role plays, tableaux, and ‘Peace Village’ model competitions. As the students displayed their talent, creativity, and knowledge about the peace course, CWS-P/A believes that the festivals are important in promoting peace at the household and national levels. Moreover, the peace festivals encourage communities to take necessary steps to ensure conflict resolution and positive development.

Since the commencement of the peace education initiative, 126 schools in Sindh have made peace education an integral part of the school curriculum. In 2012, CWS-P/A incorporated the Local Capacities for Peace (LCP) and Do No Harm principles into the peace curriculum to further foster an environment of peaceful coexistence, tolerance, and harmony.

Marginalized Voices Heard through Short Films

August

CWS-P/A aims to improve the participation of marginalized groups in the governance system and electoral process in Pakistan. The development of short films that highlight issues faced by various marginalized groups helps increase awareness among stakeholders including civil society organizations (CSOs), government agencies, academia, and political parties. The documentaries advocate for change at various levels, promoting a more just and fair society that meets the needs of all its citizens. Using films to address intolerance and discrimination toward marginalized communities is a powerful way to change mindsets. The hope is that these changes can lead to the elimination of discriminatory laws, practices, and policies.

In early 2013, the film, *Journey of Two Women*, was selected for screening at the 9th International Association of Women in Radio and Television (IAWRT) Asian Women's Film Festival in India. In August, the film was then selected for screening at the Elles Tournant in Brussels. This documentary film focuses on the views of society on gender roles and gender discrimination. It is documented by two students who travel around Lahore.

The latest produced documentary, *The Invisible Democrats*, focuses on transgender issues in Pakistan. It also demonstrates their democratic rights and participation in the country's recent election. An earlier produced documentary highlights the living conditions of gypsies and the issues they face including security risks to their families and inability to access health care, housing, and other rights.

Through this initiative, CWS-P/A and its partner, Interactive Resource Center, released nine documentaries and two additional documentaries will be released in the coming months.





Students participate in a group activity during CWS-P/A's summer camp in Sindh Province.



Disaster affected families in Jacobabad District, Sindh Province received food items as part of CWS-P/A's relief work.



Participants in Kabul, Afghanistan work on a group task to enhance their knowledge on Sphere Standards.



Participants take part in a policy dialogue about access to safe drinking water in Hyderabad, Sindh Province



Women in Thatta District are learning essential skills through CWS-P/A's vocational center and adult literacy center to start their own businesses



School teachers attended CWS-P/A's training on Local Capacities for Peace in July.



Health Care in Emergencies, the CWS-P/A Way

By: Donna Fernandes

Pakistan's health care system is particularly fragile during emergencies. In many rural areas the health facilities often lack the basic medicines, staff, and equipment to function under normal circumstances. Therefore, access to proper health care and health awareness is extremely poor. When a disaster strikes in these areas, the communities face increased health risks and limited or no access to health care, particularly when health facilities suffer structural damages. Poverty, a lack of health awareness, and inability to travel long distances prevent people from seeking the health services they require.

Providing quality health services in the most remote areas of Pakistan is a priority for CWS-P/A. The approach is to bring health services and health education to the affected communities, where services and medicines are free of cost for the affected communities. This is possible through the use of mobile health units, a mobile laboratory, and an ambulance. The service locations are strategically planned

in consultation with the communities to ensure access by the most vulnerable individuals is possible. When required, CWS-P/A also supports the rehabilitation of the existing health system through structural repair of government health facilities, provision of trained health care providers, conducting health education sessions, and eventually handing over the facilities for continued services by the government's health department.

Currently, CWS-P/A's health teams are serving disaster-affected communities in Thatta and Jacobabad districts in southern Pakistan and Shangla District in the north. In the south, CWS-P/A is providing preventive and curative health services, pre and postnatal care, medicines, and awareness to communities affected by the 2012 floods in Jacobabad. Support for communities affected by the 2013 floods in Jacobabad is also underway. A mother and child health center in Thatta provides the community with access to basic health care and special focus on women's and children's health. Sessions on health and hygiene, reproductive health, HIV&AIDS, and other topics such as the importance of breastfeeding contribute to increased awareness and improved health practices in the community.

In the north, CWS-P/A previously provided mobile health services, but is currently supporting the rehabilitation of Shangla District's local health system. The local health system suffered colossal damage owing to years of natural

disasters and conflict. The work includes the provision of preventive and curative health care service through two health units in Shangla with a focus on maternal and child care. Furthermore, the project ensures the availability of medical teams, medicines, and health education sessions. The Disease Early Warning System was also initiated in these health facilities.

Here is a look at several areas of focus and achievement from the health initiatives.

Communities make informed health decisions

Health education sessions and community mobilization together play an essential part in preparing communities to make informed health decisions. Throughout the duration of the health interventions in Jacobabad and Thatta, health awareness sessions help communities prepare for common diseases that increase during extreme summer heat and monsoon season. These sessions included topics on scabies, diarrhea, malaria, measles, and cholera among others. Additional emphasis is placed on health and hygiene, communicable diseases, and mother and child health. Thus far, 278 health sessions were held for the communities in Jacobabad and 284 health sessions for communities in Thatta. In Shangla District, for nearly 37,000 community members, a total of 8,195 health education sessions were conducted. In Shangla particularly a significant improvement in the number of women accessing health care was experienced.

Reducing maternal and neonatal mortality

CWS-P/A improves access to quality health services and emphasizes the importance of mother and child health. This is achieved through awareness-raising, qualified female health staff, and the provision of related health services. From December 2012 to July 2013, more than 4,530 community members from 34 villages received assistance at CWS-P/A's Mother and Child Health Center (MNCH) in Thatta. Women and children comprised 50% and 43% of the consultations and treatment that were provided. Between April and August 2013 in Jacobabad, 500 pregnant women received safe delivery kits and 1,146 women gained access to antenatal and postnatal care services. In Shangla District, by the end of July over 39,700 consultations were provided of which 70% were women and children. More than 6,200 consultations were recorded for children under the age of five and over 2,300 antenatal care and 770 neonatal care for women.

Ongoing consultations, referrals, and regular follow-ups

CWS-P/A's health team also conducts follow-up visits and referrals. Referrals along with cash grants (2,000 rupees/ USD 20) are provided to qualifying community members

who require advanced medical assistance. A follow-up system by the team ensures that community members receive appropriate health services and are on their way toward better health.

By the end of August, 477 referrals were done for community members that required specialized assistance in Jacobabad District. In Shangla District, 473 medical cases were referred to the secondary and tertiary health care units.

Doctor Ayesha in Shangla

In words of Dr. Ayesha – “The community in Shangla is very rigid. It is preferred for women to be treated at home, even during deliveries which often lead to casualties as midwives are not well-trained or well-equipped. In addition to a harsh climate, a lack of awareness on health issues also increases deaths during medical emergencies. The unavailability of electricity, limited communications, reluctant attitude of the community, and poor hygiene conditions were major challenges that my team and I faced initially.



I observed the patient record book; only two delivery cases were handled in this building during the past 15 years. The health situation of child care was also alarming as there was no concept of vaccination at all; even polio health teams never visited these communities and children were never vaccinated.

Our first priority was to sensitize the community on health issues and ensure them that proper care and treatment will be provided to women and other visitors to the health facility. I must appreciate the efforts and commitment of my other team member namely Samina Asif who says, “I will continue my door-to-door campaign to promote health education until 100% of the community members integrate best health practices in their daily life.” This hard work really brought positive change into the community. Now, many women visit this health facility. It strongly reflects in the fact that in five months we handled 50 labor room cases.”



A Stepping Stone toward Improved Well-Being for Children

By: Donna Fernandes

The communities in Bamyan Province, Afghanistan face chronic poverty, food insecurity, and limited opportunities following years of conflict and a lack of development. Although the children are not old enough to remember the conflicts or much of their families' struggles, the effects of poverty and absence of deceased parents define their young lives. Emotional support, education, healthcare, and other needs often go unmet.

Realizing the need to promote safe spaces for children to improve basic education, health, life management skills, and orient them toward peace and social well-being, CWS-P/A established a rehabilitation center for children in Bamyan Province in 2008. In the past, the organization also worked in Kabul with similar interventions to help children affected by trauma.

Every year 100 children in Bamyan gain life skills that will stay with them into their adult lives. The CRC provides a safe place for children to learn reading and writing and also engage in other activities such as role plays, health and hygiene education, speech contests, art, peace

education, and how to contribute in a positive way to the world around them. Through the rehabilitation centers, the children's mental and physical growth is nurtured. The environment fosters confidence, critical thinking, and time to just be children which many of them do not otherwise experience.

For children like Hamid, the center proved to be a stepping stone toward improved well-being.

Hamid's Story - Hamid's life changed when his father passed away when he was six years old. Because he is the eldest son, the family's survival depended on how much he could earn. Hamid worked by selling plastic bags and doing any other labor jobs he could find. It never occurred to him that working at his young age was an issue. He simply worried about how to struggle to find work to support his family.

Hamid also shared the disappointment he felt when he returned home without any earnings. Those were the days when there would be no food for Hamid, his mother, and his four siblings. He said, "I am a child; people do not trust a young child in providing work because they think the child would not be able to bear hard work properly. I was only given work from those people who know me. They would give me heavy labor works." He would earn between 50 and 100 afghani (USD 1 – 2) per day.

When Hamid was seven years old, his mother realized that her lack of education made it difficult for her to find work. When she received the opportunity to send Hamid to CWS-P/A's CRC, she agreed hoping that this would prevent history from repeating itself for her children. Hamid proved to be an active student with a good performance. His mother shared, "Since Hamid has joined the CRC, his self-confidence increased and psychologically he seems to be very happy." She added that when he returns home in the evening he is happy and interacts with his siblings. He also shares about his lessons in school and talks about the CRC. She is happy that he has gained weight and appears to be less stressed. The family of six still survives on income that Hamid brings home working after school hours while his mother works as domestic help in houses around their neighborhood.

Hamid's teacher shared, "He's always been a very good example for his classmates. He supports them by promoting personal hygiene, morning exercises, and entertaining activities. Additionally, he helps the team in arrangement and distribution of food, and he is always the first person taking part in classroom cleaning." The teacher was pleased that Hamid asked important questions during class, made good maps, and was creative in handicrafts and other class work.

"I want to be an engineer in the future. I can take part in the rehabilitation of my country and support people," shared Hamid.

Hamid and many children like him still work outside the home due to circumstances which their families cannot change. However, the CRC provides access to basic learning, nutrition, and ideas, which inspires hope in the children to pursue a better future. CWS-P/A and its implementing partner also work with the parents and wider community to foster more sustainable impact from the activities within the center.

Activities at CRC extend beyond what is taught in the classroom. The project introduces topics such as gender equality, proper nutrition and healthcare, and the importance of education for boys and girls. Through community outreach, greater emphasis on girls' participation at the center and for education in general has improved. By providing a nutritious meal and growth monitoring, parents see firsthand the improvement in their children's health, which helps them prioritize health and nutrition for all their children.

The continued operation of the center is based on the active participation and engagement of the children's families and the wider community. It is the community which will help the children meet their full potential by providing an environment where development and opportunity exist. CWS-P/A recognizes the challenges of food insecurity, poverty, and inaccessibility to other basic rights such as health and education that prevail in Bamyan; however, the organization and its implementing partner continue to work with the community to realize the opportunities they can create for the young generation.





On her way to do Business

By: Donna Fernandes

Marvi Khuda Dino is twenty-two years old and resides in Thatta District. She is happy to be included in CWS-P/A's project interventions that help empower women with livelihood opportunities. She participates in a skills development course and also attends classes at the adult literacy center.

"I have been contributing toward family income by making *rilli* (traditional patchwork bed covers)," said Marvi. Each piece sells for 1,500 – 2,000 rupees (USD 15.3 – 20.5) in Badin District where the family of seven would move for work during the harvest period. Marvi also has a skill of working on *duppattas* (cloth worn by women in Pakistan) by beading the edges.

"I want to learn. At the vocational center, I like to learn the various stitching and embroidery styles and keep doing them," said Marvi who has learned fifteen types of embroidery styles. As Marvi discussed her opinion about the literacy center she said, "The literacy skills will help us sell the products we make."

Marvi learned to count and write numbers from 1 to 100 in English. For women who had no access to schools or opportunities for formal education as children, this is a significant achievement. She said, "We are learning Sindhi alphabets and to write the name of our village in Sindhi language." Marvi also knows to write her own name.

There are signs of eagerness, efforts, and hard work from these women in Thatta District, and Marvi speaks on their behalf, "We need the center, and we have learned a lot." Many of the women, including Marvi, hope to continue developing their skills so that they can contribute to family income by selling the products they make.

As Marvi is set to do business, she said, "If we sit idle we will not earn any money. We spend time here as well as in the field, but now we enjoy this more than working in the fields."

These women also participated in trainings on reproductive health and disaster risk reduction. The project's integrated approach aims to address the Millennium Development Goals 1, 3, 4, 5, 6, and 7 – eradicate extreme poverty and hunger, promote gender equality and empower women, reduce child mortality, improve maternal health, combat HIV&AIDS, and ensure environmental sustainability.



Continued from page 11...

Health Care in Emergencies, the CWS-P/A Way

Wazeera's fever

Makani's six year old daughter, Wazeera, received treatment at the MNCH for high fever. Her mother shared that her daughter frequently became ill. Makani recalled that previously she had taken her daughter to Daro City and paid 200 rupees (USD 2.00) for an injection to treat Wazeera's fever at a local hospital. She said, "We did not have money to go there again; that is why we came here." Now, Makani no longer worries about where to take her daughter when she is ill.

Jamelan in Jacobabad

Jamelan gave birth to a baby girl which brought her happiness. Soon after the delivery, however, Jamelan began to experience post-delivery complications. Jamelan's widowed mother grew worried and was unable to afford medical treatment for her daughter.

Jamelan's mother works as daily wage laborer. In those days, CWS-P/A's mobile health unit visited their village. Jamelan's mother quickly approached the health team to discuss her daughter's condition. The team visited Jamelan and referred her to a gynecologist located in the neighboring district. Jamelan's mother wasted no time and with the referral along with 2,000 rupees (USD 20) granted through the project went to Shahdadkot District.

The health team reports that Jamelan is now well and her condition has significantly improved. Jamelan shared, "Because of the support I received, I am alive with my daughter. That is why I am also thankful." Prior to her delivery, Jamelan had decided to live with her mother because her husband did not have a stable income and was unable to bring home the essential food for Jamelan during her pregnancy.



Words of Wisdom

You cannot hope to build a better world without improving individuals. We all must work for our own improvement and at the same time share a general responsibility for all humanity.

Marie Curie (1867 – 1934)

Hot Topic

Joint Standards Initiative

Three leading standards (Humanitarian Accountability Partnership (HAP), People In Aid, and the Sphere Project) are part of a process to seek greater coherence in standards and to make core standards more useful for aid workers, governments, and other stakeholders. This collaborative effort which began in 2012 is known as the Joint Standards Initiative (JSI).

While the JSI is important to improve humanitarian action for communities affected by disasters, CWS-P/A's representation within the JSI process reflects its commitment to continue to promote accountability at all levels.

During a CWS-P/A regional training held in early 2013, two focus groups were conducted regarding joint standards.

The findings from the surveys were reviewed at the Global Leaders Conference in March 2013. As part of the JSI consultation process, the conference aimed to gather views from humanitarian leaders on how to improve coherence in humanitarian standards.

In late June 2013, the 'Humanitarian Standards Forum' marked the conclusion of the JSI and the commencement of the standards project. The standards project will take the JSI process into its implementation phase and continue as a collaborative effort between the three leading standards.

More specifically, the Sphere Project will continue promoting the voluntary uptake of standards. HAP and People In Aid will continue to invest in the development of verification tools, internal and external mechanisms, and linking with the Steering Committee for Humanitarian Response (SCHR) certification review.

To read more about the JSI, please visit <http://www.jointstandards.org/>

Membership



Certification

actalliance



PEOPLE IN AID

