

CARE.

2010 – 2013

. . . three years of serving humanity and empowering communities



Community Advancement & Rural Empowerment – CARE

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Message from the Chairman

CARE is purely a not-for-profit civil society organization working with the aim of humanitarian assistance and community empowerment. Like outstanding work in 2012, CARE has achieved its goals set for the year 2013. CARE has acquired and implemented projects from different international and national donors. CARE has implemented projects in different sectors such as in Health, Free Cataract Operations and Free Medical Camps were conducted. In the Water and Sanitation Sector, construction and repairing of water well projects were implemented. Other programs, such as Zabiha projects, seasonal projects and capacity building programs were also conducted.

The criteria of selecting beneficiaries were according to the guidance from the donors. Communities approached by CARE were very poor, needy and deserving who were looking forward to the help. CARE encourages them to be independent and perform as active members of society.

This report is primarily an account of the CARE's efforts in the field and its activities to promote human development and improve socioeconomic conditions of the society. It will provide the reader, a glimpse of all the social efforts done by the CARE.

I am very much thankful to National Commission for Human Development (NCHD), International Gamishop Milli Garosh (IGMG), and Helping Hand for Relief and Development (HHRD) and Tanzeem Lisail wal Mahroom for their provision of all legal assistance, collaboration and financing for the community building. I am also grateful to the various Line Government Departments including the Social Welfare Department, non-government organizations and especially community for their support, which has contributed to the success of the organization.. I sincerely pray to the Almighty Allah to grace us with His blessings in our continued efforts in achieving success in the future. (Amen)

CARE Introduction

Community Advancement & Rural Empowerment (CARE), nonprofit, nonpartisan and a nongovernmental organization, registered in February 2011 under the "Pakistan Societies Registration Act XLVI of 1961".

CARE always strives for the social, economic and political development of the vulnerable and underprivileged communities. CARE has a comprehensive network of Community Based Organizations – CBOs both for men and women in Khyber Pakhtoonkhwa and Federally Administered Tribal Areas (FATA).

The organization has a vast network of 300 volunteers, working in Khyber Pakhtoonkhwa and FATA. These Volunteers assist CARE in the implementation of different projects. CARE has an elected Board of Directors (BOD), which consists of seven members. The BOD elects the Executive Director and other executive members.

Vision

'Social Change' through development and empowerment of the rural community

Mission Statement

To create an ideal society equipped with basic human rights where all men and women may exercise their rights and utilize their available resources for sustainable human development

Objectives

- *To promote human development and improve the socioeconomic conditions of the community*
- *To promote democracy, human dignity, social justice and solidarity and to ensure tolerance, non-violence both within and among the societies*
- *To provide basic education to all out of school children and illiterate adults without any discrimination*
- *To reduce the danger of weapons of mass destruction through mass awareness, lobbying and advocacy campaigns*
- *To physically, socially and psychologically rehabilitate and re-integrate the persons with disabilities*
- *To ensure the highest attainable standards of physical and mental health and the access to all primary health care*
- *To help the innocent victims of natural calamities such as earthquake, cyclone, drought, famine, floods, epidemic diseases and the victims of war*
- *To eradicate poverty and child labor through decisive national and international cooperation, as in ethical, social and economic imperative of humankind*
- *Poverty Alleviation through income generation in the poorest areas of Khyber Pakhtun khwa/ FATA*

Project Details

HEALTH

CARE Hospital

CARE Hospital established in 2011 in District Bannu, KPK to provide low cost treatment to deserving patients. The project has benefitted 10000 patients. The hospital was established with the locally generated resources, but in the year 2012, the hospital was funded by Tanzeem Li sail Walmhroom. However, CARE requires a continuous funding source to make this project a self-sustained project in the future.

Eye Camps

CARE focused on treatment of eye diseases in rural communities. In 2011 CARE managed to acquire some funding from the POB Trust to conduct free eye camps in District Bannu, KPK. Around 1200 patients were provided with medical care and facilities. 250 cataract operations were also performed.

Cataract Operation

Cataract is the leading cause of blindness worldwide, with around 18 million people blind as a result. According to the British journal of Ophthalmology, Cataract is the main cause of avoidable blindness worldwide, with the developing world accounting for three quarters of this blindness.

In Pakistan, almost 50% of people over the age of 40 years are suffering from cataract disease or cataract changes. It is an ageing and congenital problem which is growing by the age in Pakistan. Besides age, other factors might include exposure to ultraviolet lights, cigarette smoking and polluted diet.

In year 2012, CARE with the support of NCHD and IGMG, has carried out 2000 free cataract operations in different locations of Khyber Pakhtoonkhwa and district Lahore, Punjab. CARE has also performed 300 cataract operations in District Bannu and adjacent area of Waziristan with the help of HHRD in the year 2013.

The project comprises of activities such as meeting with the different stakeholders and government officials, getting the support of local communities, arrangement and management of screening camps, identification of cataract patients, referral of the patients to CARE hospital, pre-operative blood analysis, cataract operations, post operative treatment and provision of required medicine.

By the end of 2013, a total of 3000 cataract operation were performed by CARE's most experience and competent ophthalmologist. The operations were performed in District Bannu, Lakki Marwat, Karak, Peshawar, Swabi, Mardan, Lower Dir, Shangla of Khyber Pakhtoonkhwa and District Lahore of the Punjab.

Screening Camps

119 screening camps were arranged in different areas of Khyber Pakhtoonkhwa and Punjab. 109 camps were conducted with the financial



assistance from NCHD and IGMG and 10 by HHRD. A total of 26,217 patients were provided medical assistance. As the main aim of the project was the identification of Cataract patients, therefore patients diagnosed with cataract were referred to CARE hospital for operation. The patients with other eye diseases were provided further medical care.

CARE Blood Society & Blood Bank

Another accomplishment by CARE is the establishment of CARE Blood Society and Blood Bank in District Bannu in 2011. The main reason for this initiative is to raise awareness and help needy people. 445 people have so far benefitted from this initiative. The Blood Society has 300 members.

Free Medical Camps

The main purpose of conducting free medical camps is to provide primary healthcare services to the neglected communities living in far flung areas at their door step. CARE with the help of Tanzeem Li Sail Walmhroom has been able to provide the clinical services and free medication to 6000 patients suffering from malarial disease, cough and throat infection due to the changing season, respiratory infections and diarrheal diseases resulting from poor access to health care, unhealthy lifestyle, lack of awareness on health and hygiene and unavailability of proper water and sanitation facilities.

CARE acquired funding for 21 camps out of which 14 camps were conducted and the remaining 7 free medical camps will be performed in 2014. The camps held in Lower Dir, Bannu, D.I Khan and Tank. As compared to Bannu and Dir Lower, the number of patients increased in district Tank and D-I-Khan. In these 14 free medical camps Children, Women and Elderly were approached by the CARE team. A total of **3602 patients** were screened out, which include 755 men, 1374 women and 1473 child patients.



EDUCATION & LITERACY

Adult Literacy Project

Education is a basic human right. CARE with the financial assistance from NCHD, implemented Adult Literacy Project in Southern Region of KPK for six months in 2011. 26 literacy centers were established in District Bannu, D. I Khan and Tank, in which 650 females were provided with basic literacy skills.

Free Result & Career Counseling

A camp was arranged for the students of intermediate (F.A. & F.Sc) of District Bannu in 2012 to provide free result information and encourage the poor students to get further education and to motivate and create awareness in the community to support the needy students.

The main objective of this activity is the behavior change of students towards education and to increase awareness in the community regarding education. Around 500 students attended and were facilitated by this camp.

Education Survey

CARE assisted in conducting a survey regarding the state of education in District Bannu. ASER (Annual Status of Education) and NCHD were facilitated by the volunteers of CARE to identify enrollment of children in schools, to measure the change in basic learning and school statistics from previous years. For the smooth completion of survey training sessions were conducted and 60 volunteers were trained about the method of collecting data and all necessary materials were also provided to them.

EMERGENCY RELIEF

Rehabilitation of Flood affected 2010

Free Medical Camps

In July 2010, heavy rainfall caused floods in different small rivers and water passages. Particularly in KPK, District Nowshere, Peshawar, Charsadda, Swat, Dir Lower, Bannu, Kohat, Lucki Marwat, Shangla and Battagram were badly affected. CARE provided medical relief to more than 2500 affected people for one month with the help of Indus Pharma and Bannu Health Complex.

Distribution of Wheel Chairs

CARE with the help of local donors and Social Welfare Department distributed 10 wheelchairs to the disabled people of District Bannu.

Distribution of Food & Non- Food Items

With the help of the District Government, CARE has also distributed cash, food & nonfood items to the 100 Flood affected families of District Bannu. The items were wheat, Rice, Sugar, Tea, salt & cloths etc.

Seasonal Projects

Ramadan Food Distribution

In year 2012, CARE distributed Ramadan food packages to the 100 most deserving families of District Bannu, KPK with the help of HHRD. A total of 48 kg food package per families were distributed. The food items were wheat 20 kg, Rice 10 kg, Sugar, 10 kg, tea 1 kg, Pulses 2 kg, oil 5 kg.

Zabiha Project 2012

CARE carried out Zabiha project with the help of HHRD provided meat packages to the 500 kg deserving and needy poor people of District Bannu, KPK in 2012.

Zabiha Project 2013

CARE carried out Zabiha project with the support of IGMG and HHRD for the poor and needy people in five Districts (Peshawar, Charsada, Malakand, Dir and Bannu) of Khyber Pakhtoonkhwa. This project benefitted over 10,000 needy individuals.



WOMEN EMPOWERMENT

Women Empowerment Campaign

Being the advocate of women empowerment, CARE raises awareness through the Women Empowerment Campaign to empower women through civil, political and social rights in District Bannu in the year 2011. Through this approach, 1433 women were aware of their civil and political rights. 10 Women Community based Organizations (CBO) were formed. The alliance was also established with relevant government departments and civil society organizations.

CNIC Mobile Camps

CARE in collaboration with NADRA, provided CNIC (National Identity Cards) mobile camps services for the women and disabled persons of District Bannu. Awareness regarding the need of CNIC for women was also raised through this initiative. More than 3000 women are facilitated through this camp.

Skill Development Centre

Skill Development Centers are an essential tool for integrating the marginalized individuals and families in society and makes them a productive member of society. Therefore CARE with the help of Tanzeem Li SA IL Walmhroom established its first Skill Development Centre in District Bannu for the capacity building of women in 2013. 20 females will be trained and equipped through this initiative.

WATER, SANITATION & HYGIENE (WASH)

Installation of Water Supply Scheme

In year 2009/10, CARE with the financial assistance by a local Senator installed 20 pressure pumps and constructed 5 water tanks in District Bannu, KPK.

Installation of Hand Pumps

Clean drinking water is essential to protect from diseases and create a disease free society. CARE has been focusing on the water projects for deserving communities since its inception.

To provide clean and safe water for daily consumption, in 2012 CARE with the financial assistance from Bilal Islamic Foundation installed 20 hand pumps in remote areas of KPK. Recently in 2013 with the assistance of Al-Mustafa Trust UK we have installed 117 hand pumps in different area of Bannu District.

Health & Hygiene Sessions

In year 2013, to promote safe hygiene practices through dissemination of messages (latrine use, use of safe water and personal & domestic hygiene), CARE distributed 10,000 leaflets in Khyber Pakhtoonkhwa.

INFRASTRUCTURE DEVELOPMENT

Rehabilitation of Basic Health Units (BHUs)

CARE with the financial assistance from UNHCR, implemented the project "Strengthening of the Basic Health Units (BHUs) of District Lakki Marwat" under the banner of RAHA (Refugee Affected & Hosting Areas of Pakistan) Project. The project was completed in 5 months, i.e. July – November 2012. Selected BHUs which were the only health facilities available in UC Shahbaz Khel and UC Dara Pezo, catering for approximately 70,000 people, were in critical conditions.

After acquiring NOC from the government and signing of MoU with Pakistan primary Health initiative - PPHI Laki Marwat, construction work was started. More than 11,000 sq. ft. Area of the both BHUs and building block of the ODP was

rehabilitated. Labor room of BHU Shahbaz Khel was constructed. Bore hole was dug and pressure pump was installed. Whole sanitation system was rehabilitated; new toilets and pipes were installed. A new drainage system of 1500 sq. ft. was constructed. An underground septic water tank was constructed in BHU Dara Pezo. Medical supplies were also provided to the BHU Shahbaz Khel.

Capacity building trainings were also conducted for the BHUs staff, lady Health Works and communities. The training topics included communication roles and responsibilities, health and hygiene and use of ultrasound. Various community meetings were arranged with Community leaders and health association. Similarly, during the project implementation regular meetings were conducted by the line department and other organizations for liaison and progress sharing.

Repairing of the Masjid

The masjid is the heart of the Muslim community. CARE with the financial assistance from TCN repaired damage masjid in Manzar Kaki, District Bannu; KPK in 2013. The activities include installment of pressure pumps, abloosh place, construction of water tanks and protection walls.

SOCIAL WELFARE

Distribution of Wedding Boxes

The aim of this project is to provide wedding boxes for the girls of vulnerable and marginalized families of District Bannu, so that their marriages could be arranged in a respectable manner. Through this project, 20 families were provided with wedding boxes containing clothes, bed sheet, make up items, karakri items etc, with the help of HHRD and other local donors in 2011.

ADVOCACY & CAPACITY BUILDING

Hepatitis B Awareness campaign, 2007

CARE conducted mass awareness raising campaign against the spread of viral hepatitis B in district Bannu with the collaboration with Bannu Health Complex. The main aim of the campaign was to raise awareness of the general public and health care providers on the spread and prevention of Hepatitis B. So far 10 awareness session held at educational institute & other community places. 2000 people award in this regards. People test their blood for blood group and to know hepatitis B.

Hepatitis Awareness Program, 2012

Hepatitis Awareness Program was a joint program of SAPCID a research organization of agriculture university Peshawar and CARE in 2012 in order to create awareness among community to fight against Hepatitis and to make organized efforts to eliminate and prevent it. The duration of this program was one month ... The primary focus was on District Bannu.

This program has very positive impacts on society regarding the awareness about hepatitis. Overall 15 sessions were conducted under this program, in which 1500 individuals actively participated. 385 participants were also screened for Hepatitis virus during the sessions and 27 were found infected with the virus. Through the sessions, the community is now well aware about the causes of Hepatitis and preventive and precautionary measures. A large number of people are willing to work voluntarily for the prevention of hepatitis. But still a well-organized setup is needed in these areas due to high risk of increasing hepatitis ratios subjected to high poverty rates and lack of access to the basic life needs.

LHVs Training

35 LHVs of Lakkki Marwat were trained under the RAHA program with the collaboration of PPHI-Lakki Marwat. The aims of the training were to build the capacity of health provider so that reduce disease & provide a healthy environment to the society.

Training of Local Support Organization (LSO)

The main purpose of the training is to enhance the organizational management skills and build capacity of Local Support Organization (L.S.O). LSO's are small organizations which are working in villages and towns with the support of local non-government organizations. They have carried out the mission of serving humanity and are working for community welfare. In order to improve their organizational skills and knowledge, PPAF (Pakistan Poverty Alleviation Fund), SABAWON and CARE (Community Advancement and Rural Empowerment) collectively organized capacity building training. The LSOs' of district Bannu and Lakki Marwat KPK participated in this training. 15-20 members got benefit through these sessions and uplift their organizational expertise. The most experienced and competent trainers were involved in developing the participants' management proficiency and official know-how. Training of both districts conducted separately on different days.

Case Studies

Case study 1: Cataract Operation

My name is Bagh Zubana. I am about 62 years old. Our family consists of 10 members. I bore six children. My husband is the only bread winner of the family. We live in UC Kakki, Shehbaz Kakki, District Bannu; KPK. My eye has been losing its sight gradually, since last 3 years, due to which I faced a lot of difficulties during working. Due to limited budget, my eye treatment was not possible. Luckily, one day, CARE organized a screening camp for eye diseases in our village. I visited the camp; paramedic staff checked my eyes and referred me to the CARE Hospital where the operation was conducted. Surgery was quick, easy and painless. Doctors and hospital staff made me very comfortable. This was a miracle for me. My eyesight is now restored and I am happily working my household chores. I am thankful to CARE and other donors for initiating this project and helping us.

Case Study 2: Cataract Operation

My name is Yousuf Khan. I am a cobbler by profession. I live in the village Ismail Khani, District Bannu. This is a backward area and majority of the people are poor. I have been facing the problem of eyesight for more than 4 years. My eyesight was so blurry and I was not able to see across the room well. When my near and far vision started dimming to the point that it became a hurdle in my work, people suggested doctors. I have not enough money for the treatment. I used eyeglasses for 2 years to reduce my eye problem, but to no avail. Finally, after making a request to several relatives and friends I collected money and the surgery was performed, but it was not successful. When I heard about a free cataract operation, especially for poor and deserving people arranged by CARE, I went there for screening my eyes. Doctor suggests L-cat operation and referred me to the CARE Hospital. Next day Doctor successfully performed cataract operation. I was very much worried about the result of this operation, but the CARE staff was very kind and looked after me all the time. Now I can see without any blurring and can easily do my work without eyeglasses. After my eye surgery I met some other people who were also suffering from Cataract and get benefitted from the CARE project. Most patients found cataract operation successful and are happy with the result. I am very thankful to CARE and IGMG and I will pray for them all the time.

Case study 3: Zabiha Project

My name is Sami Ullah Khan. I live in village/UC Utmanzai District Charsadda. I am a social worker. I am the only bread earner of the family of 7 members. My income is not enough to meet household expenses. Due to high prices of food, eating meat is a rare occasion at my house. After hearing about the CARE Qurbani Program, I enrolled my name in the beneficiary list. After receiving my Qurbani meat, I was so happy because my family has been looking forward to eating some delicious

and healthy food for Eid. I am very much thankful to CARE and donor agencies for implementing such activities for the deserving people.

Case study 4: Free Medical Camp

My name is Razia Gul. I live in village Tughel Khel, district Bannu. I am 35 years old. I visited CARE free medical camp for regular check-up as I was feeling weak. I was examined thoroughly by the lady doctor Dr. Hajra at the camp and diagnosed with diabetes. Furthermore, the doctor informed me about the diet plan and some exercises for the diabetes. I was also given free medication. All the paramedic staff of CARE was very kind to me. I am very thankful to the CARE and I will always remember them in my prayers.