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Dear Readers,

Comprehensive Health and Education Forum (CHEF) International team feels immense pleasure and pride in releasing the quarterly newsletter (01st quarter, 2012) named "RIFAH" which means prosperity. We at the CHEF-International believe that everyone in this world especially the persons with disabilities have the right to live the life with pride and should have access to all basic facilities.

Our mission is to facilitate qualitative, affordable, accessible and sustainable comprehensive health and

education services, inclusive society and community based inclusive development through integrated approaches and partnership.

It is believed that the newsletter would serve as an effective medium allowing CHEF-International to reach out and spread its message of just, equitable and rights based society for every individual and especially for persons with disabilities.

Evaluation: Mainstreaming Disability In Emergency Response & Local Development

National CBR Network Meeting



appreciated efforts of CHEF International for Person with Disabilities of Nowshera and pledged to work in collaboration with CHEF Int'l. Mr. Bari also visited persons with disabilities at their homes and interviewed them about the impact of assistive devices they received from CHEF Int'l. Then, Mr. Bari met research associates Mr. Kamal Ahmad at the University of Peshawar, Mr. Moiez Sethi from IRC, Mr. Abdul Haseeb –Program Manager FDMA and Mr. Ahmad Hussain from Pakistan Red Crescent Society. They were all those who participated different training workshops about mainstreaming disability and are working on inclusion of PWDs in their respective areas of work. After the meetings, Mr. Bari had a discussion session with the whole team of the project. During the discussion session strategy for the next phase was discussed in great details.

The evaluation of phase one of "Mainstreaming Disability in Emergency Response and Local Development" took place from March 6, 2012 to March 9, 2012. The evaluation was carried out by an external evaluator, Mr. Nazmul Bari from Bangladesh.

two primary schools and interacted with staff there. A focus group discussion took place in the primary school for boys where Mr. Bari met members of the local DPO, CBOs, teachers and Person with disabilities. The participants

The main purpose of Phase One of the project was to sensitize the mainstream humanitarian actors through a number of workshops and meetings. Additionally their capacities were built through various trainings on the components of disabilities in disasters. For practical demonstration, a model village was developed through making buildings accessible (Hospital, Mosques etc). An assessment was carried to find persons with disabilities in a selected area and to cater for their needs in a systematic way. Mr. Najmul Bari visited the project area assessed the accessibility work of public places like DHQ hospital Nowshera, two primary schools and a mosque. At the DHQ hospital Mr. Bari met Medical Superintendent of the Hospital and witnessed the inclusion of accessible elements in the hospital. Mr. Bari also visited the



National CBR Network meeting was held from March 21st to 22nd, 2012 at CHEF International office Islamabad. All core members of the network and representatives from different National & International non government organizations including Disabled people organizations participated.

appreciated the contribution and commitment showed by all members, she also congratulated all the members for ratification of the constitution. She also shared with the members that CBR guide

The main objective of this meeting was to review and approve the Constitution of CBR Network Pakistan. All members reviewed the draft version and discussed all articles of this constitution one by one and unanimously approved it.

All members signed the constitution and ratified unanimously.

Four years plan of Action was also prepared by the members including short term and long term plans. It was also decided that Secretariat will share this plan of action with other INGOs, DPOs so they can put their contribution on it.

Dr. Mariyam Malik chaired the meeting on second day, she

line (Urdu Version) lunching ceremony will be organized by the CBID secretariat with the support of WHO hopefully next month.

The executive committee was also elected on term basis for the registration purpose by the core members. It was decided that this executive committee will remain active till registration process and after registration new executive Body will be elected through General body by election.



National Coordinator (CHEF International)	DR Muhammad Shahnawaz Munami
International Coordinator	Mr. Ghullam Nabi Nizamani (ASHA)
Deputy International Coordinator	Mr Muhammad Atif Sheikh (STEP)
Deputy National Coordinator	Ms. Zahida Hameed (SSP)
Office Sectary (CBID Network)	Mr. Asim Zaffer (SAYYA)
Financial coordinator	Mr. Imran Nazir (LSDDP)
Provincial Coordinators	
1. Punjab	Mr Shafiqur Rehman (MILESTONE)
2. KPK	Mr. Ayaz Khan(SLF)
3. Sindh	Mr. Jawaid Rais(DWA)
4. Gilgit Biltistan	Mr. Imran Aahmad (CHIP)
5. AJK	Ms. Nasreen Aziz (Charge Manzil)

Mental Health & Psychosocial Support Services

CHEF International has launched a new department of Mental Health and Psychosocial support services in January 2012. The department is started with an aim to provide complete mental and psychological services with medicines. One of the very first activities of this department is a mental health workshop which was organized on 7th & 8th March 2012. Basically it was refresher training on identification of mental health disorders in the community and setting up a referral system to primary and secondary healthcare system. The participants were CBR workers of 4 BHU'S (Basic Health Units) Project which is being implemented by CHEF International. The objective of this project is accessible health care services for Person with Disabilities of Char-sadda district.

This project in its first phase is dealing only with identification, referrals and follows up of the identified cases. In the second phase it is going to enter a more comprehensive mental health element. The prevalence of the problem that is mental health illnesses is high and totally not provided for at the primary and secondary healthcare level. One of CHEF's recent situation analysis of seven villages around Peshawar indicated a prevalence of 71% mental illness in females and 66.6% in males. (all age groups covered).



The workshop and the feedback received through it clearly indicated that there is a need for a more comprehensive program for mental health illnesses in the community. There is stigma associated with the diseases because there is no awareness and there is no prevention and care up to secondary level. Currently we aim to get a door through to the PHC so as to integrate and make our progress

sustainable, which will be possible through CHEF's MHPSS's participation in the monthly cluster meetings of the PPHI. This was a major achievement through our recent workshop attended by the PPHI representative, DSM Mr. Muzaffar Wazir.

TOMS

TOMS One for One Giving in Sight Program links the purchaser of a pair of TOMS eyewear with a person in need whose sight is saved or restored. That link is made through a trusted, quality service provider. CHEF International is one of the few organizations invited to coordinate TOMS supported services through their own eye hospital and their other partners. Seva Foundation has been appointed by TOMS to be the Global Manager of this program. TOMS support includes: Surgery,

eyeglasses, urgently needed medical care. These quality services are provided for patients who either pay no fee, or who pay less than half of the lowest cost for the service. CHEF International has also involved following partners for this program,

1. Eye Hospital, Takht Bhai,
2. Al Mehmood Eye Hospital, D I Khan
3. Al-Ibrahim Eye Hospital, Karachi



Inauguration of CBR secretariat office at CHEF International Islamabad

The Inauguration Ceremony of CBR Secretariat office was held on 17th Jan, 2012 at Chef International office Islamabad, Representatives from different national & International non government organizations, Disable people organizations and other civil society organizations participated in the event. Dr. Mariyam Malik Advisor at World Health Organization (WHO) was the chief guest on this inaugurating ceremony. Dr. Muhammad Babar Qureshi, CEO CHEF International welcomed all representatives and the Chief guest, he admired the efforts and contributions of WHO in Pakistan. He said that CBR secretariat office is the first step taken by CHEF International and we are committed and looking forward for CBR implementation. Dr. Mariyum Malik, thanked Dr, Babar Qureshi & Dr. Shahnawaz Munami for their valuable contributions and said CBR Network is main concern and our need in Pakistan, we should work on that with collective effort. She explained about the importance of CBR network and how we can start work on that step by step. She praised the efforts of CHEF International and



said that CHEF has shared the work of WHO and took this first step. She congratulated to everyone especially Chef International for this enormous success.

In the end Dr Mariyum Malik inaugurated the CBR office by cutting the ribbon.

Wheel Chairs Distribution

In collaboration between LIGHT FOR THE WORLD and Special Talent Exchange Program (STEP), Comprehensive Health and Education Forum (CHEF) International received ten specially customized wheel chairs named as "Rough Riders" for the flood affected community of Nowshera who were identified as a part of major initiative for Mainstreaming of Disability in Disaster and Development.

Foundation, US Walk About Foundation and UNHCR. These wheels chairs were brought to Nowshera later on by CHEF International, and distributed amongst Person with disabilities.

The ceremony was held on February 26, 2012 at Marriot Hotel Islamabad organized by STEP in collaboration with Mahvash & Jahangir Siddiqui



Ageing and Disability sensitization session for UN Women

Aging and Disability Task Force has conducted Aging and Disability sensitization session for program level staff of UN Women on Monday March 12, 2012 in UN Women's office Islamabad. The objectives of this session were:

- To provide basic understanding of Ageing and Disability to UN Women staff members for program level change.
- To enhance strategic relationship with UN Women and to learn from each other.
- And to provide UN Women a foundation to include Aging and Disability perspective in its programs.

18 representatives from UN Women actively participated in this sensitization session. Mr. Talal Waheed, ADTF coordinator, Mr. Waqas A Qureshi from CHEF International, Dr. Wajid Pirzada and Ms. Tanzeela from Helpage International represented ADTF and facilitated the session. The session was divided into two parts, first part covered the topics of disability concepts, models, basics of UNCRPD, accessibility, challenges of people with

disabilities, and Causes & affects related knowledge. Representatives of Help Age International delivered Ageing perspective of the training. In the second part ageing perspective was discussed including Demographic shifts, challenges of Ops, Older persons' Associations, Humanitarian relief financing report and facts, Madrid International Plan of Action (MIPA), and ageing related cases in field.



Pakistan Institute of Rehabilitation Sciences

CHEF International has established Pakistan Institute of Rehabilitation Sciences (PIRS) in collaboration with CBM and ISRA University Islamabad Campus. Prime objective of the PIRS is to develop human resource for rehabilitation of Person with Disabilities (PWDs) in Pakistan. PIRS is the first institution in the East Mediterranean region to initiate conscious and dedicated efforts for producing human resource particularly for rehabilitation of Person with Disabilities. Keeping in mind that PWDs might be suffering from disabilities with reference to vision, hearing, speech, physical and

mental health, the PIRS has started with a with its first specialty of VISION and over the next five years expand to all other mandate areas.. PIRS has successfully launched its BS Vision Science program with 14 students admitted for spring 2012 Semester. An orientation program for fresh students was held on February 20, 2012 at the PIRS.

The classes are being held regularly and with maximum devotion of the faculty members. From April 02, 2012 three weeks of full time clinical training of the students is expected to start. Arrangements have been

already made for clinical training of students at partner institutions such as Taxila Christian Hospital, Taxila and LRBT Mandra. This will be followed by quizzes, tests, tutorials and mid-term examination.



National workshop for Training of Trainers for Allied Ophthalmic Personnel

Pakistan Institute of Rehabilitation sciences (PIRS) organized a National Workshop on "Training of Trainers for Allied Ophthalmic Personnel" in collaboration with International Joint Commission on Allied Health Personnel in Ophthalmology

(iJCAHPO) USA, International Council of Ophthalmology (ICO), ISRA University Islamabad and CHEF International. The workshop was attended by more than 25 participants from eight Organizations from all over Pakistan. Prof. Dr. M.

Daud Khan, Chairman Board of Directors, CHEF International, was invited as the Chief Guest for the Workshop while Prof. Dr. Karl C. Golnik (iJACHAPO, USA) and Dr. M. Babar Qureshi (CEO CHEF International) were the guest speakers.

During this workshop Prof. Karl C. Golkin delivered lectures on Importance of a Structured Curriculum, Six Steps to Curriculum Development, Best Teacher Exercise, Adult Learning Principles, Lecture Skills and Conducting an Effective Workshop to promote Allied Health Personnel education in Ophthalmology. Dr. M. Babar Qureshi presented an Overview of Allied Health Personnel Training in Pakistan, Current Method of Assessment in Pakistan and National Certification and Program Accreditation. The workshop was highly appreciated by the participants and was the first ever workshop of its kind.

One of the key result was the formation of the National curriculum committee.



Fundraising Charity Concert

CHEF Int'l organized a Fundraising Charity Concert at Nishterhal Peshawar on 14th February 2012 at 8pm in Nishterhal.

ROXEN Band performed for the first time in Peshawar in this concert.

The event consisted of creating awareness for CHEF Int'l to gain funds for different projects. Tickets were sold out to the general public for this event.



District Medical & Rehabilitation Centre



The devastation caused by floods 2010 & 2011 left so many people with number of problems including health as the most important factor. District Charsadda of Khyber Pakhtunkhwa (KPK) province was the most affected area of that disaster. CHEF International responded to this emergency actively and launched relief and later on early recovery programs. CHEF immediately realized

that there is an utmost need of comprehensive quality medical service in the area of eye, ear, orthopedics, psycho-social health & maternal & child health.

Therefore CHEF International has launched the project of DMRC – District Medical and Rehabilitation Complex, a secondary level care facility at Charsadda. It is attached with three basic health units (First level care facility) at Rajar, Nisatta and Umerzai to establish primary-secondary referral chain.

The DMRC has been linked with the tertiary care facilities at Peshawar. The secondary set up is providing the health care facilities of Eye, Ear, Mental Health, Mother & Child Health and Physiotherapy. In addition to this, the facilities of high quality medical laboratory, optical shop, pharmacy and intra-ocular lens (IOL) bank have also been incorporated.

During the first quarter, DMRC has received about 4412 patients in OPDs wherein 2309 were in eye department, 558 patients in ENT, 526 patients in Mother and Child section, 191 patients received mental health consultation and 121 received follow ups, 826 patients were consulted by medical

physician, 02 patients received treatments for physiotherapy and 240 eye operation performed.

The Mental Health department formed village health committees at 3 locations of District Charsadda (Nisatta, Rajar, Umerzai). Mapping of areas is completed and referral mechanism has been developed from primary to secondary facility. The counselors and psychologists visit field on regular basis. Counselors identify the mental health patients with the help of active village health committee members and then refer the patients to DMRC for assessment and provision of need base psycho-therapeutic services. The psychologist visited different target areas and organized group and family sessions with the identified patients. Future activities include establishment of orthopedic workshop, identification of community based rehabilitation workers and deployment, training of paramedic staff, distribution of pamphlets, posters and flip charts (Which have been designed according to cultural and local norms by health expert) and awareness campaign on hygiene & disability promotion.

CHEF International & iJCAHPO MOU Signing Ceremony

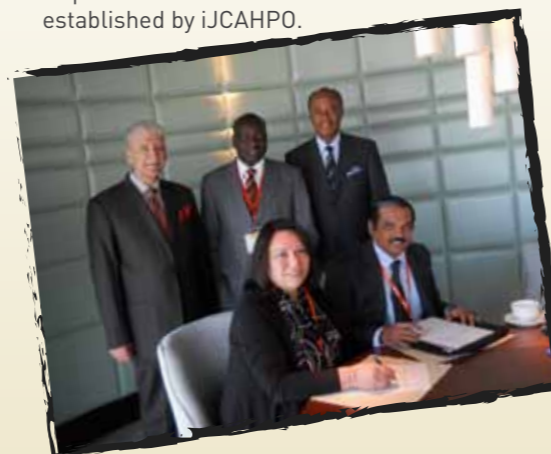
1. Collaborative Objectives and Acknowledgements; iJCAHPO and CHEF agree to work together to share information relating to standards and measurement of knowledge and skill in ophthalmology and ophthalmic assisting. iJCAHPO and CHEF agree that access and consolidated efforts and resources for certification of candidates and accreditation of the training program will significantly increase para-ophthalmic vision specialists as human resources who are available to provide efficient and effective patient care as physician extenders in the eye care profession.

2. Standardized education, training and evaluation; the

curriculum, training and education would be standardized through a joint collaborative efforts by facilitating access to modern text books, technology and learning systems

3. Certification; The Parties agree to share their specific expertise and resources on certification, education, and accreditation. To facilitate this collaboration, iJCAHPO and CHEF agree to work together to provide certification examinations for para-ophthalmic vision specialists. All examinations will be written in English. To ensure the validity of the iJCAHPO certifications, iJCAHPO will have primary responsibility and control over the certification criteria and

determining whether they have been met. iJCAHPO will make its testing and certification programs available to CHEF graduates meeting the requirements for certification established by iJCAHPO.



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