



Comitato
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Medica

BURUNDI ETIOPIA KENYA SOMALIA SUD SUDAN UGANDA ITALIA

CAMBIARE PARTECIPANDO

SPECIAL
SMILES
OF AFRICAN
MOTHERS



© Bieke Depoorter / Magnum
Photos, Ethiopia 2013

By **Marilena Bertini**
CCM President

GET INVOLVED! SHARE! SUPPORT!

Together for African mothers and children

The health of mothers and children should not be "a gift, an action born from emotion" but a right for which we fight.

That's why since **November 2011** CCM has begun the campaign **Smiles of African Mothers**, aimed to **grant assistance during pregnancy and delivery to 200,000 women and vaccination and treatment to 500,000 children** before 2015 in the sub-Saharan countries where they work (Burundi, Ethiopia, Kenya, Somalia, South Sudan and Uganda). To attain this important goal we chose to share our experience because we believe we have to "change through getting involved". In Africa we work together with doctors, nurses and other health professionals, in Italy we act through information and **participation**.

In fact we believe that the goals of Smiles of African Mothers can be achieved only if shared by all of us and by you together with your friends and acquaintances. I would like that a kind of "contagion" could spread this crave for justice, that

all together could feel the need for everybody's right to health and that everyone of us would act together to change the world.

As you know the main purpose of CCM is to obtain that the **right to health**, that is free access to health facilities, may pertain **to all the inhabitants of our planet**.

A legend tells that Pancomio, one of the Church Fathers, saw in his dreams the monks of one of his monasteries **holding hands in a cave and forming a human chain walking in the dark to the small exit opening guided by the light of a candle**. I believe that we too, moving together can achieve the universal right to health and give a smile to all the mothers of the world.

Up to date in **Africa** we have **reached the goals of our campaign as to children vaccination and treatment**, a little less so as to mothers' health. But I

have no doubts: we'll make it! Many of our projects have been approved in Ethiopia, Kenya and South Sudan and many will be our activities focused on mothers and children health in the next months and years.

Unluckily our results in Italy have not been what we dreamt of. Our hope that the campaign Smiles of African Mothers could be shared by people, **associations and firms has not been fulfilled**.

Therefore we are launching the campaign again.... all together with our personal contribution.

"If also for you every mother in every part of the world has the right to smile knowing that her child will be visited and cured whenever necessary... take action and become a testimonial of Smiles of African Mothers. Get involved, share, support."

That's our motto for the next years.

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[Smiles of African Mothers]

by **Sabina Tangerini**
manager of the campaign
Smiles of African Mothers

STORIES AND WORLDS MEET UP

Results of the campaign after two years



© Bieke Depoorter / Magnum Photos, Ethiopia 2013

The campaign Smiles of African Mothers began two years ago. It's not easy to draw conclusions and of course the easiest thing is relying on numbers. The number of women assisted during pregnancy (52,863) and delivery (11,438), the number of children vaccinated (250,000), visited and treated (over 190,000), the number of people informed about the campaign. "Grown-ups love numbers and they measure everything" said Saint Exupery in his famous book *The Little Prince*. We cannot help being grown-ups and we can be satisfied when we claim that, in spite of a difficult context, we fulfilled our goals of two years ago. Yet numbers are blind and they risk hiding the background work, the hardships and the research necessary to reach the results.

Our work is not just numbers but stories connecting people and worlds; Smiles of African Mothers is our way to "dress up" the problem and make it clear to everybody. Each of these encounters of people and worlds should be considered by itself. We'll try to describe some of the stories forgetting the numbers.

One of the first connections in 2013

happened between Bieke Depoorter, a Magnum photographer, and Ethiopia, a country where CCM has been working for decades. From this meeting - planned and carefully organized - came the new section of the photographic exhibition devoted to Ethiopia through images showing the activity of CCM. In the 8 shots constituting "Being a Mother in Ethiopia" Bieke caught and described the reality of motherhood in the country: the distance to walk, the presence of our doctors, the touch of a caring husband and the intimacy of a visit. The new section was presented last July in Piazza Carlo Alberto and it can still be seen in its digital version on our website where it can be downloaded as an e-book. We hope that this book can favour meetings also with people who couldn't be present in Turin during the exhibition.

In 2013 the campaign has been also presented to young people. In two high schools in Turin, we started with considerations on health as a right and discussed the topic of mothers' and children's health in the world. Through an intercultural approach and the subject of human rights we could bring forward a topic apparently far from the

Italian kids such as motherhood in Africa. Another way to approach young people was the collaboration with Centro Gioco Educativo. Beside supporting CCM through a contribution to provide mosquito nets and vaccines, this toy factory offered its space and shops to create educational activities related to the campaign and gave presents to organize playful activities in the squares where the exhibition took place.

A more fortuitous meeting occurred between Andrea Galvagno and an Italian artist who offered his art to the campaign and, together with some colleagues of his, made a wonderful mural still visible in Via Luini. Moreover the artists painted some canvases which were auctioned in favour of the campaign. Some of them are still on sale.

Our relationship with the world of sport began last year when two fencing champions Margherita Granbassi and Giovanna Trillini decided to sponsor the campaign. During 2013 the relationship got stronger thanks to the support of Turin Fencing Club which also helped us find more young friends in the sport setting. In particular we found new friends playing volleyball and one of them, Marta Bechis, decided to know us better by going to Burundi on a mission. And it's not all... in a short time we'll tell you about a new precious encounter!

In 2013 the campaign grew thanks to the encounter of different worlds with their different languages: enterprises, schools, media, art and sport. In front of this multiplicity we can be surprised by the heterogeneity of the people involved and puzzled by the number -small, this time -typical of beginning experiments. The Campaign Smiles of African Mothers is still a work in progress, trying to explore a form of cooperation which acknowledges everybody's role, suiting their competence and expertise. This cannot be told by numbers.

[Smiles of African Mothers in Ethiopia]

by **Gianfranco Pulinas**
CCM Country
Representative Ethiopia

BESIDES NUMBERS, PEOPLE

From Ethiopia. Memories, projects and passion

In Ethiopia like in most African countries health problems are mostly related to infectious diseases, malnutrition and complications of pregnancy and childbirth. Ethiopia is the 169th out of 177 countries for Human Development Index (HDI1) and one of the poorest in the world with an average income of 1000\$ a year and 47% people below the poverty line.

The population is young, 47.7% younger than 15 years. Fertility rate (TFR) is 5.7 childbirths per woman and 24% women are in childbearing age (between 15 and 49).

These data may give an idea; I apologize if they are not perfect, I had no time to check the latest reports.

As project manager and CCM coordinator in Ethiopia, after over 6 years in the country (!) more than numbers I remember persons, some unforgettable situations and the challenges we faced in time.

Therefore I disregard the numbers, I am in Bale, outdoors, I don't feel like opening the WHO website and I want to listen to my memories and feelings. I close my eyes.

First comes an exhausted woman. She gets off a wheel chariot, is laid on a wooden stretcher and carried to the hospital, one hundred meters away... it happened two or three years ago...

I remember that some days later a doctor told me that unluckily two women didn't make it...

Complications of the delivery hadn't been recognized, perhaps the closest health centre had no nurse understanding the situation, perhaps her family simply didn't have enough money to get a fastest vehicle.

Here comes another memory. I see a colleague entering my office in tears because her daughter had just undergone genital mutilation, the child's room was still dirty and he asked me if he should repudiate his wife who had organized such atrocity.

In Ethiopia, we have:



16.630 women assisted during pregnancy.



4.363 women assisted during delivery.



8.126 children visited and treated.



17.658 children vaccinated.



210 people trained in obstetrics and pediatrics.



8 wells built.



Archive CCM

I see a group of refugees arriving exhausted and forlorn; I did not find enough strength to help them and I still doubt whether what I saw was real.

I remember a woman smiling in spite of her suffering for an amputation, smiling because anyway the operation saved her life.

Other places, other times... I don't remember details but I clearly see a young gynecologist telling me that we could improve the situation, that we had already started ... most of all I remember the feeling that he was sincere.

I know that that young, shy doctor is today the director of an important hospital, he became a man and I feel that we did right to invest in him some years ago.

I think that also this year we got on, despite hardship and frustration; I think we have lent a hand and have been present! Sometimes we faltered, we even thought of quitting, but in the end we overcame

the difficulties and the cynicism of administrators and politicians...above all we have worked as a team and eventually we "made it".

Today I definitely cannot give you digits, but I know we organized many teaching courses on obstetrics and emergency, we trained tens of health professionals; who knows, one of them one day will help a woman in the same conditions as the one I saw.

We drove our cars, "mobile clinics", we pull them out of the mud and we reached hundreds of refugees whose right to health was nonexistent, alienable...

We worked in refugee camps. Our work was acknowledged and next year we can work with UNHCR in Afar with new populations with the same fears and the same rights as all the people in the world.

The idea of the right to health for all, simply inalienable... is wonderful.

[Two years of Smiles of African Mothers]

by **Daniela Gulino**
CCM Desk Officer South
Sudan

The challenge to work in the youngest country in the world!



13.625 women assisted during pregnancy.



2.281 women assisted during delivery.



In South Sudan, we have:

77.830 children visited and treated.



17.658 children vaccinated.



4 wells built.



150 people trained in obstetrics and pediatrics.



3.157 mosquito nets provided.

Civil war devastated South Sudan for almost 40 years, up to its independence on 9th July 2011. Therefore the health system in the country is extremely dramatic. South Sudan is presently the country with the highest mortality rate of mothers and children in the world: 2,045/100,000 women at childbirth die for complications which could be easily managed (in Italy there are 3 deaths every 100,000 deliveries). Child mortality is very high too and many children do not survive till 5 years.

CCM is trying to invert this negative trend working in South Sudan both with hospitals and with health centres. Each pregnant woman we can reach is assisted throughout pregnancy, and during and after delivery. We tell women how important it is to reach our structures in time, even if many prefer to have their child at home, within their families, with greater risk for themselves and their baby. That's why we work with local communities trying to overcome cultural barriers and to convey the message that expert hands may save lives. Diagnosis and treatment is assured in order to reduce the incidence of the most common diseases such as malaria, diarrhea, respiratory infections and other diseases typical of places ruled by extreme poverty and scarce hygiene.

Recently we opened a clinic for the prevention of malnutrition in 2 of the 5 counties where we work and we are planning to open 2 more. All children below 5 years and pregnant women



Archive CCM/ Alex Rocca, South Sudan 2012

coming for visits and vaccinations undergo a nutritional screening. The patients found in critical conditions according to national health protocols are monitored weekly or twice a week (according to the distance of their village) and receive medicines and nutritional supplementation until their exams go back to acceptable values. South Sudan is a difficult country. Beside the high incidence of diseases and the health system problems we have to fight with logistic difficulties. The roads are unsafe, insufficient and mostly unpaved, constituting the greatest hurdle to our interventions. Everything must be organized so that medicines and medical appliances arrive at the health facilities before the rain season and

before floods drastically reduce the possibility to monitor the structures. Technical assistance and supervision by CCM cannot be constant and continuous all the year around, even if we try to keep in touch with the local managers.

South Sudan is a young country. Rules and procedures change often, even too often! To catch up with the latest directions or laws you need to keep informed through long waiting and equivocal answers given by public offices.

It's a great challenge but we face it with enthusiasm because every child who survives and grows healthy is a hope and a resource for the future of the country. May the country grow up fast and well!

[Two years of Smiles of African Mothers]

by **Antonio Zivieri**
Project manager of
Kiramama project

Kiramama! for mothers' and children's health in Burundi

In Burundi, we have:



visited and treated
2.000 children.



Archive CCM, Burundi 2013

Being a mother in Burundi may be described through WHO cold statistical data: marriage in childhood, an average of 6 children, expected life span 50 years etc. While working in Burundi, in villages, health centres, small hospitals scattered in the thousand hills of Burundi it is common to see lots of mothers with children, patiently waiting for treatment for themselves or for their children.

By comparing the conditions described by statistical data with the smiles greeting every visit you may wonder where the trick is! Why are those mothers smiling?

With this question in mind let's try to help these mothers: we have a nice project involving about 3,500 women and we grant them assistance from the first month of pregnancy to childbirth and after.

Each mother-to-be undergoes an echography every three months in order to discover in advance possible complications during delivery. The mothers can

get ready to go to the hospital. It may seem strange but here a few kilometers may be fatal, especially if walked on foot and in labour.

We give them assistance during delivery: often CCM volunteering doctors and nurses are present in the delivery room and check that everything goes right, working together with local doctors and nurses.

Sometimes it is not possible to move the mother to the hospital in time and this creates problem to the baby. Those are crucial moments: in health centres nurses have few seconds and even less instruments to get the baby breathing. We trained those nurses to cope in desperate situations and often the "miracle" occurs: like magic, the baby who lay inanimate on the bed suddenly begins to cry and the smile appears on the face of the exhausted mother.

CCM is near Burundian mothers; we struggle to make them smile despite statistics.

by **Francesca Pieralli**
CCM Country representative
Kenya and Somalia

From Somalia, the activities of Garowe hospital

In Somalia, we have:



3.041 women assisted
during pregnancy.



564 women assisted
during delivery.



2.409 children visited
and treated.

Puntland is getting ready for presidential elections to be held on 8th January 2014 and it is trying to identify a candidate who can equally represent over 60 clans present in the semi-autonomous state and keep the peace in the region. In November 2013 the coasts of Puntland, in particular Nugaal Region, were devastated by the typhoon coming from the Philippines: hundreds of dead and huge damages to houses, bridges and infrastructures, communities isolated and trapped in flooded areas. The hospital in Garowe supported by CCM is the reference hospital for Nugaal and is getting ready to

host the victims despite the enormous difficulty to move along impracticable roads. In this context the CCM team works together with the hospital staff to grant mothers, women and children quality health care. Last September two CCM volunteers, Stefano Daquino and Valentina Chiusano, both physicians specialized in emergency medicine were in Garowe to train the local staff on the management of emergencies and improve the hospital performance in case of crises, epidemics or disasters. Presently other two CCM volunteers, a surgeon and an anesthesiologist, Gianpaolo Zara and Donatella Is-

nardi, are giving their precious contribute in the wards and through training on-the-job. They will also revise the operational protocols of the departments of surgery, maternity and emergency, for which CCM has been working for months together with the hospital management, the NUGMA (Nugaal Medical Association) and other stakeholders supporting the hospital.

Once finished, the protocol will be sent to the Ministry of Health of Puntland to be approved and shared with the other hospitals of the state so that procedures may be homogeneous.

[Smiles together]

by **Silvia Pescivolo**
CCM Fundraiser

Special thanks

What would CCM be without volunteers?

Behind the successful results of the campaign Smiles of African Mothers there are many factors.

There is the CCM staff in Italy and in African countries, there are supporters, but above all there are the volunteers who, alone or within a supporting group, represent CCM in the territory and build networks with local communities. Singles and groups inform and involve new people and raise money; they express the essence of CCM that wants to meet people face to face and talk with them instead of investing in marketing and advertisement.

In 2013 the events organized by CCM volunteers to support the campaign Smiles of African Mothers were many. In January thanks to

the volunteer Cristiana Lo Nigro of the group Amici di Nanni, CCM was present at the International Gathering of air balloons at Mondovì. The group Manta-Saluzzo took part in the unmissable appointment with Stramoretta, the May walk of solidarity through the city streets. In October our volunteer Santina Bruno, back from Ethiopia, organized a gospel concert in

Volunteers and supporting groups are in Torino, Volpiano, Cuneo, Manta - Saluzzo- Moretta, Mondovì, Ivrea, Bergamo, Arenzano, Osilo. Do you want to be part of a group or create one in your area? Do you want to become a volunteer? Write to volontari@ccm-italia.org Or call 0039 011 6602793

Turin while the Volpiano group arranged a big polenta party for over one hundred people.

The groups Amici di Nanni, Mondovì and Manta-Saluzzo sold 3000 tickets of the lottery One Ticket for One Smile to support mothers and children health in Tigray, Ethiopia, and they organized the "apericena" (drinks and snacks) with a concert on the night of the lottery.

In December other events have been planned: the traditional exhibition of handicraft in Turin, a night in Cagliari to present the campaign, a little Christmas market at Volpiano selling works made by the elementary school children, and many others.

MANY THANKS to the supporting groups and all CCM volunteers.

Some ideas for Christmas

This Christmas give stories and images from Africa! CCM proposes five books which through words and pictures take us among the faces and lives of different countries of Africa.

In **"Nero dolce"** Maresa Perenchio, neuropediatrician and CCM volunteer since 1999 tells us the stories and emotions of her many missions in Africa; it's a secret and moving travel among disabled children of the slums of Korogocho in Kenya, the sick in Lacor hospital or in refugee camps of Uganda, the epileptic in rural hospital of South Sudan. Maresa's voice describes diseased people, countries at war, prisons and refugee camps showing drama and suffering but also dignity and beauty (minimum offer 13 €).

The unforgettable **"Africa malata"** by Giuseppe Meo, surgeon and co-founder of CCM, accompanies us along 40 years of experience as a volunteer surgeon in South Sudan. There are funny anecdotes, stories of hard moments and meditations on the meaning of health development projects in Africa and especially in South Sudan, a country with one of the worst health systems in the world and a conflict lasted twenty years but also with great dignity and will to rise. Pino Meo

describes his work on field and the principles of "poor surgery", based on the use of simple, cheap and easily repairable instruments and on the possibility to train the local staff and to involve the community in the projects (minimum offer 30€).

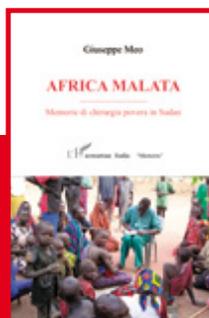
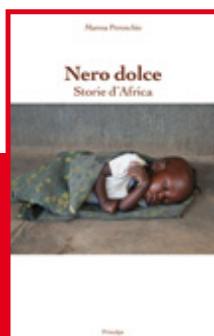
In **"Soraya, Turo, Sharo... storie di guerra e di ingiustizia"** Silvio Galvagno orthopedist and vice president of CCM tells through words and images the stories of the many people he treated in Kenya, Afghanistan, Kurdistan, Iraq, Sierra Leone, Sudan, South Sudan and Uganda (minimum offer 16€).

Eventually we propose two picture books: Emanuele Gallo, ultrarunner who challenged the deserts of the world tells his achieve-

ments in **"Deserts - Meeting points"**. The book collects images of the Atacama desert in Chile, Sahara in Egypt, Gobi in China and Antarctica. Emanuele has been running for CCM for a long time and the income from his book will entirely go to the Campaign Smiles of African Mothers (minimum offer 20€).

"Equatoria - 12° Parallelo" is a colourful journey in one of the most fascinating and historical areas of South Sudan. The book thoroughly describes it through beautiful pictures and texts by anthropologists, ethnologists, travelers, physicians and aid workers (minimum offer 35€).

All the books can be ordered at ccm@ccm-italia.org or calling 0116602793



[Photographic contest]

by **Silvia Trentini**
CCM Communication
Manager

More than 100 moving pictures **Mothers' smiles meet up**

Every picture carries a different emotion. One hundred shots describing the special relationship between mother and child. The contest Mothers' Smiles Meet up conceived to create a link between the African mothers of the campaign and the Italian mothers living in Italy has been a great success in terms of **participation and emotion**. The jury **had a difficult task** in choosing five pictures, the most representative, for the 2014 edition of the exhibition Smiles of African Mothers organized by CCM and Magnum Photos.

Marilena Bertini President of CCM, Lorenza Bravetta of Magnum Photos, Fabio Bucciarelli multi-awarded photographer and Bieke Depoorter Magnum photographer author of the section of the exhibition Being a Mother in Ethiopia chose these photographs out of their composition and capacity to express the complicity and emotion of motherhood.

Congratulations to the winners and thanks to all the participants.

To see all the pictures participating in the contest go to www.ccm-italia.org, In the page dedicated to the contest there is a special video!



Stefano Armaroli with "Does coffee make nervous?"



Federico Pelicoli with "Mother at work"



Andrea Bianco with "My wife with Martina: our daughter, our happiness"



Mariagrazia Dinoia with "Hug"



Beatrice Sala with "Daily smiles"

Where what when...

Christmas market, Volpiano, elementary school, 12th-13th December

We are waiting for you at Volpiano for the usual Christmas market for CCM and in particular for the campaign Smiles of African Mothers. The market will be at the elementary school Guglielmo da Volpiano. You will find Christmas decorations, ethnic handicraft, embroideries, hand-painted objects, all made by our volunteers.

Stories from Africa, Turin, Circolo dei lettori, 19th December 6 pm

Chairman Alberto Gedda, journalist. A journey through the testimonials of CCM volunteer physicians. Stories and considerations on the populations living in the poorest Africa, which is rich of strength and smiles. A Christmas drink will follow!

The exhibition Smiles of African Mothers, University of Ivrea, Till 31st December

You can visit the indoor version of the exhibition... at ... The 30 pictures of the famous Magnum photographers and the new section Being a mother in Ethiopia with the pictures by BD will be there until 31st December. Free entrance.

This year give solidarity: celebrate Christmas with CCM and Centro Gioco Educativo

This year give solidarity: celebrate Christmas with CCM and Centro Gioco Educativo.

Centro Gioco Educativo supports CCM and the campaign Smiles of African Mothers also at Christmas. For each purchase during Christmas time accompanied by the solidarity voucher in this page, **Centro Gioco Educativo will give 10% to CCM** projects for mothers and children health in Africa.

To participate you only have to cut the voucher, fill it in and take it to one of the shops taking part in the initiative.

CENTRO GIOCO EDUCATIVO will give 10% of your purchase to the campaign SMILES OF AFRICAN MOTHERS.

CCM will transform the donation into concrete actions: training of nurses and physicians, assistance to women during pregnancy and childbirth, treatment and vaccinations for children.

Visit www.ccm-italia.org and www.centrogiocoeducativo.com

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- **Bank transfer to the checking account:**

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