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Medica

BURUNDI ETIOPIA KENYA SOMALIA SUD SUDAN UGANDA ITALIA

CAMBIARE PARTECIPANDO



CCM archive / Ethiopia 2013.  
Filippo Gallo, with other CCM,  
doctors during an operation

By **Marilena Bertini**  
CCM President

## Volunteers: the soul of CCM

In 2012 after sharing the document on CCM mission and vision we thought of the importance of the volunteer missions in our projects and we shared the document "Being on the field". It is difficult to summarize exhaustively a synthetic document. I report some key parts describing the reason of missions and highlighting their philosophy.

### Why to visit the projects:

*The core of CCM activity are the concrete acts of care-giving, of being with people. Its main character is the direct contact with people and communities, solidarity and presence, sharing according to justice.*

*We try to make people grow while growing with them.*

### How to be on the field

*We volunteer have the duty to behave like foreigners in a foreign country. We have to illustrate our motives, the ideals and goals of our mission, we have to ask for approval and advice. The vo-*

*lunteer who enters a multi-year project with his/her expertise should have a respectful attitude towards on-going activities, support and advice the project manager without promising developments or sending material not included in the projects. The contests are difficult and it is easy to draw partial or false conclusions,*

**Coming back to Italy** the volunteer has the duty to pay back. Telling one's experience **can unveil** the global injustice which makes rich and poor more and more distant from each other. It is also an act of **hope**: it shows that a world of equal relationships is possible.

In one of the events organized to present the book "Nero dolce" by the volunteer Maresa Perenchio on her experience as a neuro-pediatrician in Uganda a guy from the audience asked her **"Ain't you afraid when you go to Africa?"**

**Fear** as an indefinite paralyzing feeling. **The volunteers** who work with CCM overcame the

common idea of "fear" **because they chose to meet people and help patients**. I remember the words written by Beppe Severgnini\*: *"Fear and adventure travel together. Who has never been afraid, never left. And who doesn't leave will not arrive... Without fear there is no relief, without relief there is no joy. Relief is a sophisticated and accessible form of happiness. Not so much for the danger we escaped but for the courage we found. Fear and the capacity to manage it and exploit it is a great quality. The companion of fear is courage, not recklessness"* **Volunteer missions are about overcoming fear and growing up**. People find courage and that courage also helps in our complicated daily life as it gives us comfort.

**Thanks to all our volunteers: soul and courage of CCM**

\*<http://lettura.corriere.it>

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## [ Members, friends and volunteers ]

By **Filippo Spagnuolo**,  
CCM Executive Director

# Two terms that walk together

## Volunteers and future

CCM Country Boards are on the move

**Volunteers and future** are two words we heard repeatedly during the annual meeting of CCM members, held in Turin on 8<sup>th</sup> March. Gianfranco Cattai, President of Foc-siv (Federazione Servizi Cristiani Servizio Internazionale Volontariato - Federation of Christian organizations for international development) and Iacopo Vicanti consultant of the Ministry for Foreign Affairs discussed perspectives and challenges international development will have to face in the next years. In that light members and volunteers of CCM wondered about the opportunities for the association. Among the different interventions there was the request for CCM to utilize the volunteers for their strategic and humane role in missions to low-income countries and for their impact as testimonials in Italy.

Probably the request was triggered by the fear that the difficulty of settings and of project management and the changing of people in the board and in offices might reduce the participation of volunteers, both medical and not.

Therefore the Board, the offices and the project managers discussed and concluded that **volunteers** are a **fundamental element of CCM**. Volunteers carry knowledge, relationships with people and faraway places, They witness the seriousness and efficacy of the interventions and represent the real face of what is made. The will to value our volunteers and to confirm their usefulness in the choices of CCM led to the creation of **Country Boards**.

They are working groups focusing on single countries; project managers and volunteers meet and plan together the missions, either medical, technical or monitoring, they write projects and recruit new volunteers. The Board referents have been identified and the groups have begun to work: There is strong interest and commitment and everybody is invited to participate.

Certainly **future and volunteers are two terms which will continue to walk together in CCM**.



CCM Archive/Ethiopia 2013 • Silvio Galvagno and other doctors for CCM, during an operation.

## MEETING OF CCM MEMBERS

**We are waiting for you on Saturday 28th June 2014**

Members, friends and volunteers, like every year we are waiting for you on Saturday 28th June 2014! The morning will be devoted to South Sudan, a country at war again, where CCM goes on working without stopping. The journalists RM and AR will discuss the political and social situation.

After lunch we will present the budget 2013.

The meeting will begin at 9.30, Biblioteca della pace del Sermig, Piazza Borgo Dora 61, Torino.

For information: 0116602793 or [ccm@ccm-italia.org](mailto:ccm@ccm-italia.org)

## [ From Ethiopia ]

By **Marco Landi**,  
CCM Project Manager

# Opening the centre for education Ribbon cutting at Adi Shum Dhun

## Research and treatment in Tigray

The two buildings are there. Solid. The inescapable fetishism of reinforced concrete that nobody in international development can give up calls out. The contribute of the Italian International Development has become reinforced concrete, solid, unmovable, ready to come to life and become what we worked hard for. And with a plaque too! The Centre for Education, Research and Treatment built by CCM is ready with rooms for education, library, computer room, small auditorium and offices for teachers and researchers. The guest house, simple but cozy, has six rooms with private bathroom, living-room and kitchen. Today, the opening day, everything is decorated with balloons, flags and festoons. Around

is the emotion and the tradition of the ribbon-cutting ceremony and of the official speeches. Words and enthusiasm which are light and ephemeral. First the welcome speech by Gianfranco Salinas, CCM country manager. Then the ribbon cutting and the uncovering of the plaque, according to the typical opening scenario. Then the official speeches. Filippo Spagnuolo, CCM Director, thanks all those who have contributed to the project and underscores that this is a starting point, not an arrival. The Italian Ambassador in Ethiopia, Giuseppe Mistretta, gracefully thanks his counterpart and expresses his satisfaction for the achievement. Eventually Atakelty Abraha, vice Director of the Regional Health

Department, thanks CCM and the Italian International Development, remembering its long cooperation with Tigray and wishing further projects together.

Mao used to say that revolution is no gala dinner. Cooperation sometimes is. Everybody is happy to participate in the dinner offered after the ceremony. It is also an occasion to be less formal, tell jokes and sometimes get in touch with the other participants. It's from such informal contacts that interesting collaborations may come.

It is possible to listen to the speeches made during the opening ceremony in the CCM section at Vimeo [www.vimeo.com](http://www.vimeo.com)

by **Valerio T. Stefanone**,  
physician and CCM  
volunteer

## Increasing the access to health services passing by brain centres Entertainment becomes health

It is known that memory is stored in several brain structures especially in the limbic lobe. It is also known that the limbic lobe is connected with emotions; in particular the amygdala is critical in creating the feeling of emotion and it is deemed responsible for emotional memory, one of the most vivid kinds of memory. It may therefore be inferred that the listener has to be emotionally moved to remember a message for a long time. This is the idea of the project "Life-saving long-lasting solutions for internally displaced people", conceived by CCM to promote the use of health services in the Somali Region. The youth association in Filtu was asked to organize a theatrical show in Somali language. The proposal was accepted with enthusiasm. The key concepts to convey were: access to health services in case of health problems, prevention of the complications of pregnancy, education and information on the complications of genital mutilation in women. They are topics the young actors, mostly studying to become nurses, love. After one month the general rehearsal disclosed great talent in the



**CCM Archive/ Ethiopia 2014**  
One moment of community theater

leading-role actor, playing an old shepherd, and in the actress who closed the show with a creepy song. The tour started touching the three cities with health centres (Aynle, Hysuftu, Quarale) and four villages with health posts (Deka, Lambarde, Banigle e Qulay). The show was in Somali with the part of communi-

ty mobilization also in Aramaic, so as to be understood by as many people as possible. The answer was prompt: great success everywhere with an audience ranging from 300 people in small villages to over one thousand in the biggest one! Plenty of men and women of all ages and many children packed in the road around an imaginary "stage". During the show we discovered something the Somali language didn't allow us to understand: the plot is very amusing! From the first lines people are doubled up in laughter and they follow the moving parts dreamily. The final scene where the daughter sings imploring her parents not to oblige her to undergo mutilation deeply stirs the audience who bursts into applause and cheers. It is certain: we touched the people's heart, the famous brain emotional centre and the site of emotional memory. Now we have to evaluate the effects of this initiative: we expect an increase of the people coming to the health structures, entertainment becoming health! An ambitious goal, made closer by the theatre, a simple, efficient and repeatable method.

## [ From Burundi ]

By **Valeria Fioranti**,  
CCM Press

# Interview to Maria Rita Gallina Let's fight neonatal mortality

**Let's speak of your first mission with CCM. What problems did you find in the health conditions of newborns in Burundi? Which are the most frequent diseases?**

The mission in Cibitoke Region, North West Burundi, was my first one with CCM. Unluckily the health of newborns is not a priority in Burundi: care is minimal, similar to the one we had a century ago. On the contrary I was surprised that in Burundi, maybe because it is a small country, practically all births occur in health structures providing sufficient assistance to the mothers. This is unluckily uncommon in many African countries. As to the newborn, Nature will provide. Simply there is no kind of possible assistance for preterm or critical newborns in the capital Bujumbura, let alone in territorial hospitals.

**What interventions are necessary to reduce neonatal mortality significantly?**

The three main causes of mortality in newborns are asphyxia, infections and preterm birth. As to the first two I think a great improvement may be reached through teaching courses about neonatal resuscitation, hygiene and identification and treatment of neonatal infections. More difficult is to act on the survival of preterm babies, especially those with low weight and gestation age. This in fact would require special structures and the implementation of the "kangaroo care". (follows on line)



CCM Archive / Burundi 2014 • Doctor Gallina during a lesson

**Why supporting the Kiramama project? How would you invite your colleagues to do it and for what reasons?**

The strength of the project lies in the use of local workers whose education is fundamental; the problem is how technical notions are applied in daily routine. We know how difficult it is to modify habits derived from years of practice. This would require a continual presence of experts supervising the daily work to "reinforce" theoretical teaching.

**Tell us one or more episodes most representative of your mission**

The work is long, you need to "be content" with small steps. The best gratification arrived to me at home via email. Erica, the CCM coworker in Bujumbura told me that Leopold used the kangaroo care on a pre-term baby weighing 1500 g and was able to dismiss both mother and baby in good health. Evidently a small seed has been planted. [follows on line...]



Archive CCM / Burundi in 2014

CM has been working in Burundi on two topics: **the fight to sexual abuse** and the health of newborns. The project **Kiramama!** Deals with neonatal health. To significantly reduce neonatal mortality we need well structured interventions. The survival of pre-term, underweight or critical babies requires knowledge and competence of health professionals and awareness of mothers of the importance of check-ups and adequate treatment when going back home.

In the province of Cibitoke CCM is working to reduce neonatal mortality and morbidity by improving neonatal care in three exist-

ing centres: this will be attained by training general and obstetric nurses (about 30) and granting adequate assistance to mothers and babies through community health workers (about 90).

The project also aims to enhance the competence of nurses and physicians of Cibitoke hospital. The intervention will benefit around **3500 newborns**, who will be treated with proper techniques, life-saving if needed, and will be followed up in the first days of life.

To know and support the project:  
[www.ccm-italia.org](http://www.ccm-italia.org)

## [ Community twinning ]

By **Silvia Pescivolo**,  
CCM Donation Manager

# A community near mothers and children From Monte Marengo to Ethiopia

The meeting between don Beppe Tirani, parson at Monte Marengo (BG) and CCM took place some years ago. "I met CCM through Micol Fascendini, physician and health manager of the association. I have known her since when she was a teen-ager and I a young priest in the community where she lived with her family" tells don Beppe. "This long and important acquaintance prompted me to collaborate with her and give a small contribution to the people living in Ethiopia. As a parson I wanted to involve my church community not only to give money but above all to reveal a different reality, rich of culture and history, and a people with a lot to teach us. During Lent and Christmas time I reminded the members of my community that you cannot be happy by yourself and I invited

them to think of people in need. The community joyfully shared my vision of fraternity and cooperation and responded eagerly"

In February 2014 Don Beppe went to discover Ethiopia and visit the country and the people he felt bound to by a link of solidarity. He didn't go alone, but invited his small community to share his experience. A small group representing Monte Marengo travelled to Ethiopia from 11th to 20th February. "It is not my first time in Africa but I have never been to Ethiopia. It is a country full of culture, traditions, religion and ancient history" he says. "Also landscapes are spectacular. Ethiopia is a very young country, willing to improve its reality and grow up.

Many things struck me, but above all the scarcity of physicians and health structures.

But it is encouraging to meet so many people who devote part of their life to help the others, in this case the Ethiopian population especially in the poorest and most disadvantaged areas, and they do it efficiently as they know what can really help."

"Coming back from Ethiopia" don Beppe concludes, "I brought with me the dignity of people who are able to hope in spite of continuous difficulty; the simplicity and merri-ness of children; the presence of values we are forgetting; the possibility to meet people without watching the clock; the swarming of man, women and children on the roads; the ability to adjust to what comes daily. Most of all I was impressed by the definite feeling of witnessing people on the move, growing, thriving."



Archive CCM / Ethiopia 2013 • A medical visit in a Health Centre near Filtu

## [ One month for the campaign ]

By CCM Fundraising

# Coffee is good for moms and the collaboration with Mondovicino May: month of Smiles of African Mothers



Archive CCM/ Italy 2014 • Fundraising at Mondovicino for "Smiles of African Mothers"

The month of May is devoted to mothers and we wanted to celebrate it with initiatives supporting the training of physicians and obstetric nurses who can assist future mothers in Africa.

This month marks the start of the initiative

"Did you know that... coffee is good for moms" born from the idea of suspended coffee, often paid for in Italian bars for people who couldn't afford it. In this case coffee is virtual and it represents a small contribution each of us can give for African mothers. Every euro donated will support training of health workers so that African mothers may be adequately assisted during pregnancy and delivery.

Up to date the shops involved are about 50: the owners support us with the donation of one coffee a day and they promote the initiative among their clients who are invited to do the same.

The initiative "Did you know that... coffee is good for moms" also arrived at **Mondovicino Outlet Village** where beside the outlet 63 more shops decided to support the campaign and in particular the education of obstetric nurses in Tigray Region in Ethiopia. For ten days, from 25th April to 4th May CCM was at Mondovicino Outlet Village which promoted the campaign during the manifestation "Food Parade".

The event was an occasion to display different

realities and a spirit of solidarity. CCM was present with a stand selling "Smiling biscuits" and "Smiling wine" and the income went to support the centre of Adi Shun Dhum. The sale was possible thanks to the cooperation of Albergo Commercio of Roccaforte (Mondovi, CN), Associazione Donne di Sommelier and the wine producer Tranchero di Mango (CN). The Outlet also hosted the exhibition "Smiles of African Mothers"

We thank the volunteers, members, friends and staff of CCM who were present in the stand and who entertained small children.



By CCM Press

## CCM Exhibition and Magnum Smiles of African Mothers

At Ferrero Foundation a Alba

On Wednesday 21st May the exhibition "Smiles of African Mothers" by CCM and Magnum Photos opened at the Piera, Pietro and Giovanni Ferrero Foundation at Alba (CN).

At the opening ceremony there were **Mario Strola**, general secretary of the Ferrero Foundation, **Marilena Bertini**, physician and CCM President and **Lorenza Bravetta** Director of Magnum Photos.

The Ferrero Foundation and CCM officially

began their cooperation with this exhibition displaying 30 of the best shots taken by Magnum photographers in the African countries where CCM is present with doctors and health professionals.

The initiative is part of the campaign "Smiles of African Mothers" conceived with the aim that every mother in every part of the world may smile.

At the end of the exhibition the cycle of lectures of the Foundation hosted the meeting

### "African Tales. Experiences of volunteering and life with CCM"

The pediatrician Aldo Bordigoni, the biologist Cristiana Lo Nigro, the epidemiologist Elena Gelormino, all volunteer doctors for CCM, told Piero Bianucci, scientific journalist in charge of the lectures of the Foundation the meaning of being a volunteer physician in Africa, with difficulties and satisfactions, and what help is given to mothers and children.

## [ Immigrants and GE together ]

By **Sabina Tangerini**,  
CCM Manager  
for Global Education

# From mediation to inclusion. Pilot experience in Turin **IN MEDIA RES**

On 21st May a seminary ended the project In **Media Res, Integration, Mediation, Responsibility**. CCM was part of it together with a network of schools, private social associations and educational services led by IRES Piedmont. The project funded by FEI started in September 2013 and dealt with the difficulties of foreign underage kids to be integrated and included in schools.

The project helped kids recently arrived in Italy to achieve educational goals and find their identity without giving up their different roots.

CCM collaborated with the AMMI Association (Multicultural Association of Intercultural Mediators) and MAMRE, an association dealing with mental health of Italians and immigrants. Two different educational courses involved 20 teachers each and discussed two crucial aspects for present teachers: the management of relationships and conflicts in multicultural classes and intercultural teaching. The analysis of the latter was centered on **two case studies**, the Egyptian and the Chinese school systems, and the focus was placed on how they teach history and geography. With the help of an Egyptian and a Chinese mediator the group could make a critical appraisal of our teaching method and of how we relate with the others in a class. The conclusion was that also education, like health and medicine, are not neutral; on the contrary many different ways of education and teaching are possible.

The goal of the use of the case studies was not to decide which method or world is best - an issue which seems a priority for international agencies discussing education; conversely it was to discover that much of what we find natural in the relationship student-school-family may be misunderstood, which can explain the failure of many foreign students. Those misunderstandings, once solved, not only can help foreign students to improve their academic performances but they can also help our school to grow and teach all students, Italians and foreigners, **a new concept of world citizenship**.

By **Chiara Schiavo**,  
Global Education

## The right to water: laboratories at Volpiano and San Benigno

How much water do we use every day to have a shower, wash up, make the laundry and a lot more?

How much water is needed to have 1 kilo beef?

Why, if the UN claim that everybody has the right to 20-50 liters of clean water a day, people in Mozambique only have 10?

These and many other interesting questions were answered by about 150 kids of secondary schools at Volpiano and San Benigno.

In fact also this year we activated seven laboratories on the theme **“Water source of life”**, completely financed by the generosity of families and teachers.

By **Chiara Schiavo**,  
Global Education

## At school against discrimination One thousand faces of the right to health

At the beginning of June 2013 CCM together with Flylab started the project “One thousand faces of the right to health”. The project promoted by the agency Piemonte Lavoro through the European Social Fund's actions to promote equality represents a new challenge for CCM that has been working with schools for many years. This year the promotion of the right to health will include the analysis of discriminations. The project features the creation of a new product - a multimedia web portal - collecting interviews of students from middle and high schools and of health professionals on discrimination and health and producing educational courses.

In the Convention on the Rights of the Child (1989 New York, NY) four articles are dedicated to the right of participation. In particular article 13 reads “*The child shall have the right to freedom... to seek, receive and impart information and ideas of all kinds, regardless of frontiers, either orally, in writing or in print, in the form of art, or through any other media of the child's choice... in the respect of the rights or reputations of others*” The videos are the conclusion of an educa-

tional path including role playing and group activities which involved about 300 students of the provinces of Turin and Cuneo.

The final goal is to induce the kids **to reflect on discrimination and to promote equality focusing** in particular on health. Equality means non discrimination not only as equal treatment but also as respect of personal dignity. The principle of discrimination is therefore part of the fundamental rights of mankind. To treat the theme of the right to health as “*a state of complete physical, mental and social well-being and not merely the absence of disease*” (WHO 1948) is a way to promote non discrimination.



CCM archive/Italy 2013  
CCM teaching Global Education

## Where What When...

### Linking bonds 17th June 2014

Also ASL TO1, like ASL TO2 before, joins the initiative Linking bonds, a twinning proposal between physicians and mothers in the ASL and physicians and mothers of CCM projects in Africa. The launch of the initiative will be on Tuesday morning 17th June.

### Course of Global Health 2014 June 2014

The second module of the Course of Global Health dealing with mothers and children health will be held on residential weekends: 6th and 7th June, 20th and 21st June 2014. The speakers are Chiaffredo Rosso, Filippo Gallo, Giulia Mortara, Stella Sacchi, Aldo Bordignon, Maresa Perenchio, Costanzo Bellando, Maria Luisa Soranzo, Elena Gelormino. Information on [www.ccm-italia.org](http://www.ccm-italia.org).

### Meeting of CCM members Sermig, Piazza Borgo Dora 61, Torino 28th June 2014

Members, friends and volunteers are invited to participate in the Meeting of CCM members. We are waiting for you at 9am at Biblioteca della pace del Sermig. For information call 011.6602793 or write to [ccm@ccm-italia.org](mailto:ccm@ccm-italia.org).

### Health in the Royal Gardens, Torino 10th July 2014

In the area near the municipal health site, in the wonderful frame of the Royal Gardens the sixth edition of the manifestation "Healthy City" will be held. CCM together with COP organizes a workshop on 19th July in the late afternoon. Free entrance.

### Zoom for CCM. Strada Piscina 36, Cumiana (TO) 27th-28th September 2014

A special weekend will see Zoom and CCM together to speak about nature, life, human beings, animals and the relationship between mothers and babies. The event will include laboratories dedicated to games and study, moments of discussion for adults and possibility to support the campaign Smiles of African Mothers.

## Support the education of a nurse Change the future

**General and obstetric nurses are the first persons meeting the patients** in health centers and health posts, they accompany future mothers up to the childbirth, vaccinate the children, check their growth and their nutritional state. **Supporting their education means to create the conditions to save lives.**

With 240 euros you grant a general nurse or an obstetric nurse a complete training on how to manage emergencies during delivery, from timely identification of complications to immediate application of life-saving techniques. Also smaller contributions can be fundamental, allowing to buy material for practical exercises, to pay the teachers' fees and the transportation for the students attending the courses.

Here is how you may contribute to the education of the African health staff :

- **WIRE TRANSFER TO POST ACCOUNT** n° 13404108 COMITATO COLLABORAZIONE MEDICA
- **BANK TRANSFER TO THE CHECKING ACCOUNT:** BANK ACCOUNT NUMBER: 1735 SWIFT/BIC CODE: BCITITMX IBAN:IT82 0033 5901 6001 0000 0001 735 CAB: 01600 ABI:03359 CIN: 0
- **THROUGH DIRECT DEBIT PAYMENT** you can authorize a **regular donation**. You may download the form from our website in the section Sostienici/Privati (Support us/Private) and send us by mail or fax.
- **REASON FOR PAYMENT:** Campagna Sorrisi - education health staff

## THANKS A LOT!

DONATIONS TO CCM ARE TAX DEDUCTABLE.



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