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C H A N G E T H R O U G H P A R T I C I P A T I O N

Peace keepers, not only development workers

by MARILENA BERTINI - CCM President

"We little men are unable to promote an authentic peace that is not simply silencing opposers through prepotence and injustice."

From Blessed are the Peacekeepers
by Father Michele Pellegrino

Peace means justice, equality, non violence.

Peace brings health and work and it is **indispensable** to promote **well-being** and **happiness**.

In a world more and more ruled by weapons and strong powers, the **role of international development** and of **national solidarity** also includes **fighting** against **conflicts** and **inequalities**.

In **South Sudan**, an African state born in July 2007, the war burst in December 2013 reduced development possibilities. The nation was just beginning to thrive. There are too many guns and too many young people who have never lived at peace.

In **Burundi** after the 1993 massacres and some relatively stable years new conflicts aroused between supporters and opposers of the present president Pierre Nkurunziza. Violence and migration both internal and to other countries are increasing.

In **Somalia**, especially in the central and Southern parts, development workers must travel wearing bullet-proof vests and on vehicles carrying gun machines. Fear of terrorist attacks is constant.

In Kenya the recent attacks at Al-Shabab increased the UN-established risk level from 3 to 6.

What are the consequences on CCM projects? Vaccination campaigns are difficult to carry on and cannot reach the whole population, as it happens in times of peace.

Cholera spreads, especially in refugee camps, and so do measles and kala-azar.

Assistance to pregnant women, al-

ready hindered by long distances and transport problems typical of Sub-Saharan Africa, is made even harder by security conditions and the life of mothers and children are in greater danger than usual.

Getting medicines and sanitary supplies for hospitals is getting more and more complicated and so is transportation of critical patients to better structures.

General health worsens not only because of weapons but also for the lower chance of access to health and prevention centres.

I want to conclude with the words of the Secretary of the United Nations Ban Ki-moon: *"Our mission is to make this world better for all, where nobody will be left behind. And to support the most poor and vulnerable people for peace and justice sake"*.

Let's go on working for the right to health while adding to our goals also peacekeeping.



Archive CCM

The fight to poverty-linked diseases gets a prize Nobel for Medicine 2015

by PIETRO CARMELLO - director of the Infectious Diseases Department of Amedeo di Savoia Hospital

Two men and a woman are the winners of the Nobel Prize for medicine in 2015: the Irish **Campbell** and the Japanese **Omu-
ra** for their studies of **parasitic di-
seases** and the Chinese **Tu** for the discovery of **artemisin**, the most used antimalaric in the world. A Nobel characterized by a **highly symbolic value**, awarding **scientific research favouring low-income countries**.

Doctor Hu's studies date back to the late '60s when the Chinese government and Mao himself decided to launch a secret military project to find a cure for malaria, at the time a real threat as chloroquine was no longer active in many Asian countries.

Responding to Mao's requests the involved institutes turned to traditional Chinese medicine. Starting

from the study of ancient books and popular remedies, in 1971 Dr Tu's team obtained almost 400 extracts of 200 herbs to evaluate their potential activity on Plasmodia. One in particular – quinghao or artemisia annua - significantly inhibits the growth of the parasite in animals.

In March 1972, after further study and research, Dr Hu reported the first concrete results obtained from the extract.

Other clinical trials followed and the first report in English was published in 1979. The exceptional results reached the West and in 1981 the World Health Organization (WHO) invited Dr Tu to present her data to the international community.

Comparative studies carried on in 1980 confirmed the efficacy of ar-

temisin alone or in association with other drugs.

For many years artemisin derivatives failed to be considered the first-choice antimalaric treatment. In 2010 Lancet published an editorial acknowledging the superiority of artemisin over quinine, both in children and adults with a significant decrease of mortality. Only in 2014 WHO indicated artemisin as the first-choice treatment of malaria.

Though late, the **Nobel** to Dr **Tu** acknowledges the **importance** of her studies **for mankind**. Her studies contributed to **significantly reduce the mortality rate of malaria**. The prize is a **stimulus** and an **invitation not to forget diseases** affecting **low-income countries** and to invest in **medical research to fight poverty-linked pathologies**.

Priority needs and operational consequences

Addis Ababa Action Agenda

by RENZO ROSSO - Diplomatic official and former Italian ambassador in Ethiopia

An obvious criticism to the **International Conference on Financing for Development** (FFD Addis Ababa, 13th-16th July) is the **lack of financial commitment**.

It is true, even if estimates on the financial needs related to the Sustainable Development Goals (SDGs) were never so big (11.3 trillion dollars per year according to the UN).

The meeting in Addis actualized the agenda of prior conferences (Monterey 2002 and Doha 2008) in a scenario marked by the partial successes achieved in the Millennium Development Goals but also by the effects of the economic crisis.

In this setting the document defined in Addis - Addis Ababa Action Agenda - wants to be a reference point for the financing of sustainable development. The document points to about a hundred actions in different sectors: from national public resources to private funding; from cooperation to commerce; from public debt to systemic issues to innovation and need for adequate monitoring. While going through the text it seems to read a catalogue without a priority scale. The same holds true for the list of expected results which is generical and unpragmatic.

The core and priority of the document are in the paragraph related to resources and private sector; this is a consequence of the decrease of Public Help to Development (the average for OCSE is the same as in 2014, -0.4% of the GDP) leading to the

need to use internal resources through more efficient taxation and to increase investments.

The document recommends to identify goals to increase incomes and decrease illicit financial flows and to define international lines of cooperation and capacity building. Although the goal of a tax on financial transactions has not been reached a small step has been done: the "Addis Ababa Tax Initiative" is the commitment of about thirty countries to improve transparency, efficiency and efficacy of tax systems and the reinforcement of the Committee of the United Nations.

In conclusion the **Addis Agenda** is not a milestone, but a **list**

of indications to be developed according to their **priority** and **expected results**. Beside **taxation** other points are crucial: an agreement among all those involved in **social protection** and **essential public services**; a global forum on **infrastructures** to cover the lack of funds; a facilitating mechanism for development and transfer of **technologies** relevant to the SDGs; the promotion of **women empowerment**. Eventually, given the importance of the private sector, from **public-private partnerships** to co-financing, it will be fundamental to establish rules and evaluations defining opportunities and limits of such collaborations.



UN photo, Ethiopia 2015

Meetings, stories, landscapes of the first voyage of acquaintance To Ethiopia with CCM

by GIULIA LOCALTELLI - Nurse and CCM volunteer

We land early in the capital, we are met by Kura the guide who'll reveal to us the treasures of a magic land.

From the windows I see a different Africa. **Addis** is chaotic but less than other African capitals; people seem to have a hopeful future. Men draped in white walk without an apparent goal, always carrying their stick. The first contact with CCM is a delicious meal with the whole staff. Gianfranco tells us his experience as a country representative and invites us to know Ethiopia beginning from greetings.

We drive for kilometers of roads paved and unpaved meeting vehicles and carts and also goats, sheep, horses and mules. "Farenji, farenji!" (white people) is the merry cheer of children who see us. Where are they from? They appear from every corner, behind trees, stones and mountains.

We arrive at **Bale Mountains National Park** which includes the highest peaks in the country and hosts wolves, chimpanzees and nyalas.

In quiet **Goba** we visit Stefano, CCM project manager, a **rural health clinic** and a **primary health centre**. The staff, not all qualified, diligently perform tasks such as recording and archiving clinical files. There are maternal waiting homes – mud huts where pregnant women can spend the days before and after childbirth together with their family, but the access of mothers-to-be to health services is still poor. The target is high and perspectives are good.

We move to **Awassa** on the shore of a scenic lake in the Rift Valley. A path runs along the lakefront crowded with people and long-legged



CCM Archive, Ethiopia 2015

birds walking in the water. At the fish market fishermen arrive with nets full of tilapias which boys swiftly clean. Pelicans fight for leftovers.

More kilometers on unpaved road in a small van and here we are at **Mekellè**, among little shops and restaurants of a long shopping street. Here is the CCM project I most like: the **Training, Research and Service Centre** of Adi Shum Dhun.

Tucano Viaggi Ricerca

The travel had been organized in collaboration with **Tucano Viaggi Ricerca**, a tour operator based in Turin that is financing CCM project in Bale for women and children health.

The project coordinator Marco tells us that the centre is aimed to train general and obstetric nurses in order to improve the quality of care. The structure is well kept and welcoming with a library, computers, lecture rooms and an auditorium for educational courses. The staff is well prepared and qualified.

At the market we are surrounded and overwhelmed by sounds, voices, colors and smells. We feel easy and begin to bargain to buy spices, gabi and netela.

We leave Marco and head to **Lalibela**, famous for the rock churches protected by Unesco. They are really spectacular, carved in rock, joined by mysterious paths. How was it possible to build them so perfectly only with hammer and chisel? The legend goes that men worked by day and angels by night!



CCM Archive ©Sue Ellen Stefanini,
South Sudan 2015

Interview to Sue Ellen Stefanini, former coordinator of Warrap State The challenge of cooperation in South Sudan

by CCM COMMUNICATION OFFICE

What is the role of CCM in Warrap State?

CCM works with the Health Ministry and it is the leader organization for health programmes. Its task is the coordination of the NGOs dealing with health in the state. The goal is granting primary health care. To achieve it CCM organizes different activities: education of the staff through on-job-training, delivery of medications and promotion of a rational use, provision of appliances and above all supervision.

Supervision is the most important action to improve the quality of health services. Only working beside local health professionals, often without education and experience it is possible to monitor the activities and favour correct practices.

What are nutritional activities?

CCM deals with severe malnutrition. Most severe cases with complications are admitted to stabilization centres, special structures where children can receive all the care they need. The cases with no respiratory complications are followed in the outpatient clinic with nutritional supplementation and weekly check-ups.

What are the positive aspects of your work?

Certainly the constant contact with people. As the coordinator of Warrap State I regularly visited the local structures both to evaluate the work in progress and to supervise the staff.

The contact with people and their needs is touching but very tough. Especially when you see a malnourished child and must hide your emotions not to scare her mother.

And the negative ones?

The dependence on help often created by development programmes.

The goals of projects are sometimes too ambitious for the starting conditions and the instruments available.

And we cannot forget contingencies due a very unstable political situation.

CCM has an excellent reputation in South Sudan, it is credible and trustable. Its approach is educational and motivating. It doesn't only convey theoretical information but it accompanies health workers in their educational progress.

Can you tell us a particularly touching story?

One year ago when the hospital of Tonj South was not yet operational we admitted a woman who had been in labour for days. She had delivered one twin but the other was transverse.

The woman's conditions required an emergency cesarean section, but it was impossible to carry her to Wau Hospital because the ambulance was broken and the road was impracticable for the rain.

Unluckily the baby died but the mother survived thanks to infusions and antibiotics and could go back to her newborn and five more children waiting at home.

What did this experience give you in working and human terms?

It was a wonderful school. The most demanding part was the management of human resources both for the number of people and for the distance among counties.

As to the human experience South Sudan is really hard. The work is totally absorbing and does not allow weakness; the contact with life and death is continuous and immediate.

Education of social workers taking care of children from 0 to 3 years

Mothers, children and teens: health in the time of interculture

by PIETRO FERRERO - CCM Manager for Migrants

Financial cuts and less employees are the results of the economic crisis which did not spare the **health system**. While resources decreased the needs and requests of access to services have increased, especially among the most vulnerable individuals and immigrants.

CCM works in the territory, offering longlasting experience of **public health** in low-income countries. Its interventions have always been characterized by the **collaboration between the NGO and local institutions**; they are focused on **prevention** and **education** and imply the **involvement** of the **population** and of **local actors** into the proposed activities.

We believe that greater collaboration between public services and third sector is a possible answer to the present crisis, especially if it allows an exchange of experiences

and expertise regarding the most efficient strategies and practices.

Between 2014 and 2015 CCM in **partnership with ASL TO1** carried on the **project *The Paths to Health***, funded by **Compagnia di San Paolo** and the **project *The Arc of Health*** funded by **CRT Foundation**. Through pediatric and family counselling services, neuropediatric clinics, communities and centres for teen-agers the two projects involved mothers, children and teens and developed the intercultural dimension of care.

The principles characterizing the projects and their realization were:

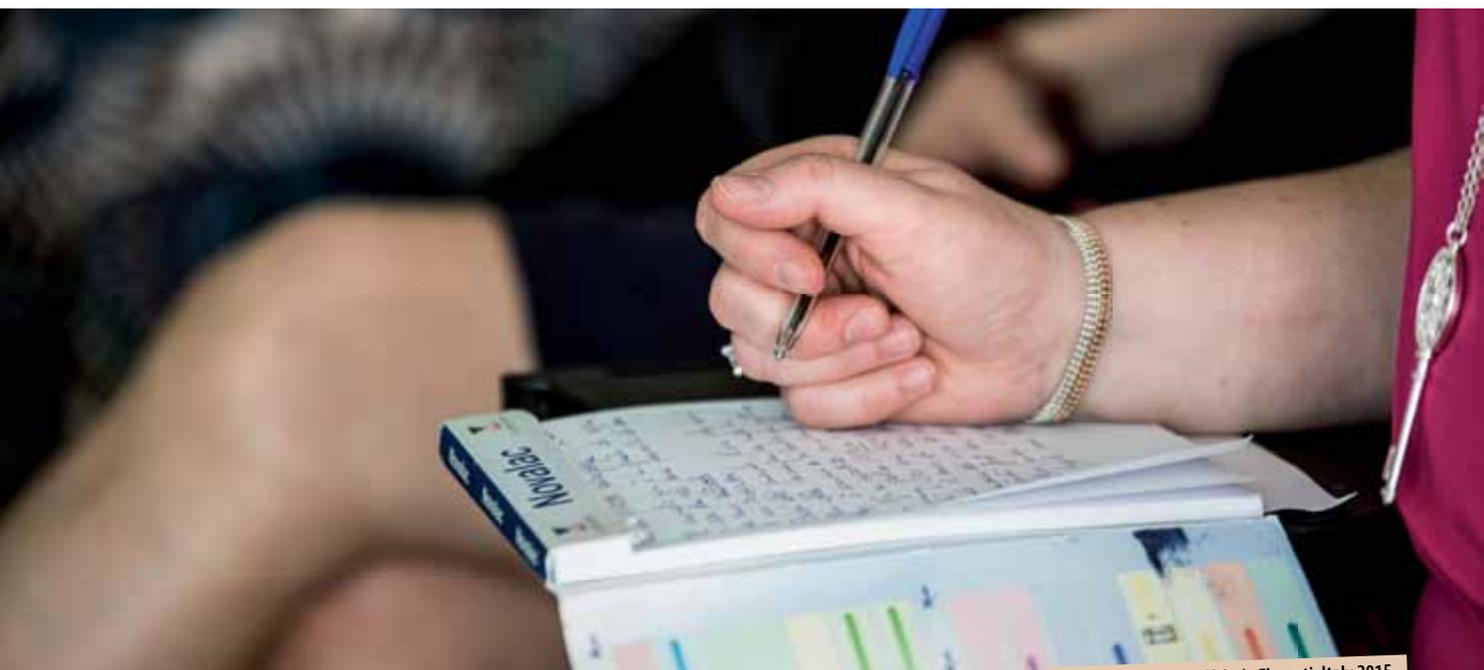
- promotion and support of the health of mothers, children and teens, with particular attention to the most vulnerable individuals and the right to health of immigrants;
- promotion of meet-up and exchange among people belong-

ing to different cultures, while avoiding self-contained groups;

- utilization of spaces and initiatives of ASL TO1;
- involvement of social workers of ASL TO1, social workers of the Third Sector, teachers and school children, Italian and foreign mothers of teen-agers.

In June 2015 the project ended with a workshop analyzing the results obtained and possible future collaborations. At the **end of July** the **CRT Foundation** decided to **fund another project** that will furtherly reinforce the collaboration between CCM and ASL TO1 and will allow the continuation of our activity. Presently we are working with the staff of counselling services to plan the project in detail.

It seems we are going in the right direction and **our target** is the **reinforcement** and the **stabilization of last year experience** and its **replication** possibly in **other areas** and **with other people**.



Balance and expectations for 2016

Education to world citizenship

by SABINA TANGERINI - Education Manager for CCM

September. The new school year starts again and so do the educational proposals of CCM for schools and universities. More than proposals we should call them **partner projects with schools**.

In the last few years we carried on a slow and heavy but rewarding work leading to projects designed with teachers and often with associations, ASL, local institutions and other partners.

In 2014-2015 **CCM partnered with 4 schools** that were financed by Regione Piemonte within the **European project REDDSO** centered on **sustainability** and **international solidarity**. Classes and teachers of each institute participated in different activities besides the traditional laboratories: twinning between a middle school in Italy and a French school, including a student workshop analyzing possible ideas to improve the school sustainability; a relay race regarding water; a role-playing game about land grabbing; a party with a photographic contest; a visit to Porta Palazzo market; a flash mob designed for elementary school children.

Still in 2014-2015 we organized the **first collaboration with an ASL** to discuss **education to love** with students from 13 middle-school classes. Laboratories were organized and supervised by a multidisciplinary team constituted by a pediatrician, a nurse of the pediatric counselling clinic of ASL TO1 and some CCM entertainers. Sexual life and body changes in adolescence were treated by

the ASL professionals familiar with the topic; special attention was given to the prevention of stereotypes and prejudice. The cooperation with the ASL was extremely precious, as we discovered the possibility of a fruitful exchange of cultural background and practical competence.

Through these experiences and

nursing students, will continue and will include new topics and methods.

The **year 2015-2016** presents **new challenges**, like the collaboration with firms. In fact though of paramount importance school is not our only educational target. We grow and live as citizens also



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the traditional CCM courses at school, we reached 2600 students, from the elementary school to the University. Some activities, such as the collaboration with ASL and the elective courses for medical and

after the school years are over and also in places like streets, offices and gyms. Looking at the **settings where young people meet**, from **sport to working places**, we are **planning our next school year**.



Where How When...

11th November - 11am Annual Meeting SMILES OF AFRICAN MOTHERS

In Sala delle Colonne of **Comune di Torino** CCM presents the results of the first four years of the campaign **Smiles of African Mothers** and the new goals to reach within 2020.
Together we can change the world: come to the meeting and work with us!

For information and enrollment:
ccm@italia.org • +39 011 6602793

INTERNATIONAL MEETINGS

The most important 18 months for the health of mothers and children is the title of the scientific meetings organized by CCM. They will take place on **16th November** at **Ivrea**, on **19th November** in **Turin** and on **21st November** in **Cuneo**. The meetings are free and they support the campaign Smiles of African Mothers. ECM have been requested.

For information: fromazione@ccm-italia.org

Saturday 28th and Sunday 29th November HANDICRAFT MARKET

Torino

For Christmas CCM volunteers organize a sale of hand-made products to support the health of mothers and children in sub-Saharan Africa. The appointment is at the church San Giulio d'Orta (...) from 10 am to 6 pm.

For information:
ccm@italia.org • +39 011 6602793



At
Christmas
give a
smile

Fair presents

Discover greeting **cards**, **e-cards** and **baskets** on our website. Your presents will help us improve the health of mothers and children in Africa!

For information
call the fundraising office at
+39 011 6602793
or write to
alessandra.gerbo@ccm-italia.org



Ong - Onlus con personalità giuridica
Via Ciriè, 32/E • 10152 Torino • Italy • Tel. 011 660 27 93 • Fax. 011 383 94 55 • ccm@ccm-italia.org • www.ccm-italia.org
C.F. 97504230018 • C/C POSTALE N. 13404108 • IBAN IT85 1050 1801 0000 0000 0199 848

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