

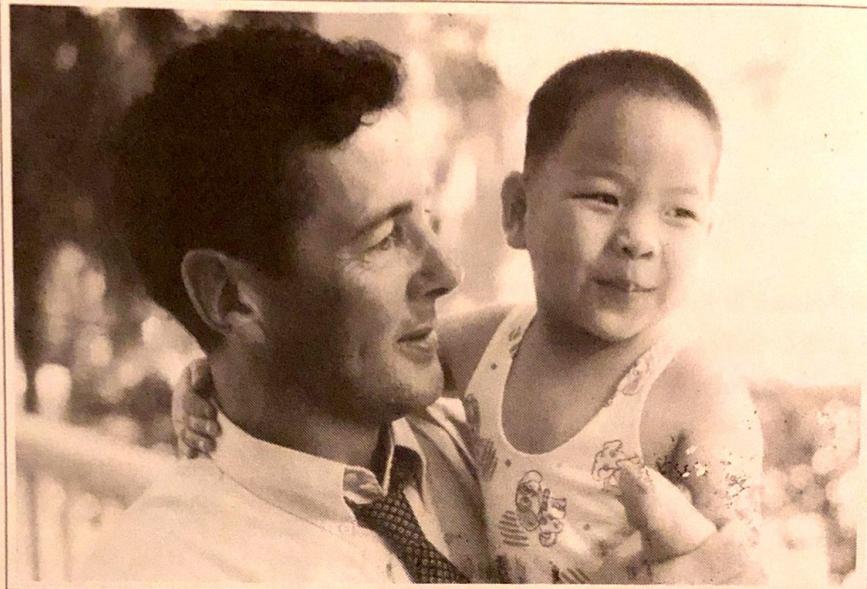


HEALTH ACTION OVERSEAS

HAO NEWS No. 1 1997

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The Chairman's Address

The past year has seen major changes in Health Action Overseas. Plans have turned to reality in Tulcea (Romania), and Tirana (Albania), we've also developed plans for long term training projects in China. Central to our plans and successful projects, is our talent pool of returned volunteers from Romania, and the active involvement and assistance of many people in Ireland.

In Romania, our orphanage activities at Nicoresti and Negru Voda are in their fifth year, and while they are now mature projects, we are presently increasing our efforts to ensure that progress made to date is sustained. We are presently working on a two to three-year hand-over period, with all areas being reviewed with this in mind.

Our offer of help to the Chinese Embassy in the area of staff training at the orphanages resulted in an invitation to meet Chinese Officials from the appropriate Ministry in August 1996, in Beijing. Following our meetings and a trip to two orphanages, an offer was made by the Chinese

Officials which would result in us being directly involved in the national training of staff in the institutions. If we have an involvement at the National Training Centres, we will be the only NGO in the world to be involved at this level.

Fund-raising remains an important part of the organisation's activities, because without the funds, the projects currently running, and those new projects which may come on-stream, which result in improving the lives of so many people, will not be possible without sufficient funds. The funding for the projects in Nicoresti and Negru Voda, remain the largest strain on resources, and assistance from any quarter would be appreciated in this regard.

We have retained an excellent, low administration cost relevant to our field expenses. As an organisation which has grown over the past number of years, I am proud to say that we have never lost sight of the fact, that results are all that count. Results that have real benefits for children and others affected by our projects.



James Dillon receiving Honourary Citizenship from the Romanian Ambassador.
(See Story on Page 4)



Office News

As announced at the HAO 1996 AGM on 23 November 1996 there have been a few changes at the HAO Office in Carmichael Centre in recent times. Firstly, there are two new staff members: Sinead Whyte is the new programme co-ordinator and Jo Mathews has joined HAO as professional fund-raiser.

Since their joining — and to facilitate the growing needs of HAO — some of the changes that have taken place relate to office administration and ultimately the service orientation of the HAO team.

The current aim is to adopt the 'Boomerang Principle' as put forward by Feargal Quinn in his book 'Crowning the Customer' a few years ago. The idea being that as volunteers, sponsors, friends, and other HAO activists work to alleviate the situation of children in Romania, for example, that they continue to do so in whatever small way possible because of the pro-active Office support structures available to facilitate tapping into the abundance of goodwill, evident with existing supporters.

The Office staff apart from Jo and Sinead include Majella (Mon - Fri: 9.30 - 3pm) whose role is admin. and fund-raising assistant, Marie (Mon, Tues 9.30 - 5pm, Wed. 9.30 - 1 pm) is responsible for volunteer recruitment, visas, flights, and PRSI. Denise (Wed 1 -

HAO News is the first in a new series of three newsletters per year which will cover such issues as project updates, health information and statistics for Albania, Romania and China as part of our development education page, development concepts, fund-raising activities country wide, sponsor a child news, volunteer letters, thank you messages, etc. Everyone on the office database will receive a copy!



Left to right: Marie, Sinead, Jo, Denise and Majella

5pm Thurs, Fri) is the sponsor a child specialist.

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A new style annual report will come out at the end of each year which will cover serious articles on our development programmes in our target countries, fund-raising round-ups, annual accounts, etc. The **Annual Report 1996** will come out in Jan/Feb of 1997 and will target mainly donor organisations — governmental and non-governmental, agencies, national and international development agencies

The Office will also install **E-mail** over the coming months to facilitate ease of communications with our project countries in terms of volunteers, donors, etc. This will make our reporting and information sharing to our Irish support base easier and hence more efficient. We will also have all organisational information up and running on the global Web site soon for all internet users.

The **HAO TEAM** is determined to adopt the motto: **Together Everyone Achieves More** and we look forward to your support in setting the information standard!

**Best Wishes
for a
Happy
& Successful
New Year!!**



Nicoresti Support

At the recent Health Action Overseas AGM, I was delighted to have the opportunity to introduce the proposal for starting a Support Group for Nicoresti. I spent some time in Nicoresti in 1994 and am presently working as a midwife in Dublin.

Essentially the main aim of the support group is to provide active support structures for projects in Nicoresti which would concentrate on fund-raising; improved communication between Romania and Ireland; and feedback and information to volunteers from Romania.

In the area of fund-raising we will be encouraging every volunteer and HAO supporter to maintain an interest in Romania and the situation there in a specific but also more general way in terms of the health situation there. In terms of communication the group will ensure that it receives relevant information

on current project needs so we can service the needs of the children in a way relevant to their situation.

The in-country co-ordinator and Dublin Office will play pivotal roles in facilitating this objective. In relation to feedback the group will ensure that information is shared, again in relation to Nicoresti, but also in terms of health at large through the HAO News starting in the next issue.

In line with HAO we hope that this will help to leave a self-sufficient orphanage situation with gradual withdrawal of Irish volunteers and an active base

of home volunteers increasing awareness of the all round goodwill.

I want to thank all the volunteers that have enrolled as supporters of the Nicoresti group and also to those who have wished to do the same for Negru Voda. The more the merrier — if you are interested, please just contact the office!

I'll be in touch with all concerned. Best Regards,
Cyrena Hayes.

Cyrena Hayes and Elena



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Negru Voda and Nicoresti re-visited

The main change since my last visit to Negru Voda was the fact that the therapy centre is now in daily use. It was particularly heartening to see the soft room now fully equipped. Many of the children who attend the soft room programme have handicaps that would not allow them to avail of any other programmes in the centre.

One programme that has been a big success in the social skills programme run by one of our Romanian teachers. Upstairs in the therapy centre, a section has been converted into a sitting room and bedroom similar to a family apartment. Each week a couple of children get to stay over and cook for themselves etc. in a family style environment.

Brendan Flanagan has developed an extremely comprehensive documented plan for the long term sustainability of the therapy centre and its programmes. This will be reviewed and implemented over the coming months.

What struck me very forcefully about the volunteers at Negru Voda was the number of them that spoke Romanian. This has certainly improved relations with the Romanian staff and the village as a whole. Two of the volunteers Carmel Brendan and Helen have had an involvement at Negru Voda since 1991; this has added to the feeling of continuity in the project.

On visiting Nicoresti I spent my time sitting in on the various programmes. The two Romanian teachers are

running a kindergarten type activity, and also run primary school type classes for the children who are more able. The teachers showed with pride photographs of the various shows and activities they had prepared the children for.

The new speech therapist was firmly and effectively putting the children to their places while another new staff member runs the pre-school.

The main improvement I've seen at both Nicoresti and Negru Voda is the fact that most of the programmes are now run by Romanian staff, the relationship between Infirmary, other Romanian staff and the volunteers have never been better and this has resulted in an atmosphere in which the children are thriving.

James Dillon



Nicoresti Soft-Room Re-established

Niamh Burke who has been working in Nicoresti has been involved in re-establishing a Soft-Room at the Spital. Niamh says 'currently 20 children attend the programme where one-to-one attention is provided in a

pleasant, peaceful environment.

The programme offer basic sensory stimulation including music, essential oils, tactile sensation, a ball-pool, water play and reflexology. Future plans for this programme include creating a multi-

Our Chairman Honoured

Our Chairman (HAO), James Dillon travelled recently to receive the freedom of Negru Voda town in recognition of 'exemplary services for improving the health, status and quality of life for Romanian orphans and orphanages'.

Romanian Ambassador, Elena Zamfirescu, attended a ceremony in Dublin to mark the event and said that James is the first Irishman to receive the Freedom of the Town.



Chairman James Dillon receiving the Freedom of Negru Voda from the Romanian Ambassador, Elena Zamfirescu, in Dublin.



Niamh in the Soft-Room with Lorica Bigu from Salon 4.

sensory area, providing more general equipment and transferring the programme over to Romanian staff as has been successfully achieved with other projects such as pre-school and art programmes.

If anyone is able to supply equipment, please contact the office.

SPONSOR A CHILD SCHEME

Could you spare £10 a month to join our Sponsor A Child Scheme? The scheme has been running for three years and has proved very rewarding both in terms of the regular funds that it affords the organisation and sense of achievement felt by those who have become sponsors.

Registering as a sponsor couldn't be easier. Just fill in the form below giving us your bank details and contact address and we do the rest. You will receive details about an individual child within either Nicoresti or Negru Voda including a recent photograph, brief medical history, and on-going progress reports. Funds donated through the scheme will go directly to the projects in which the child is involved, not to the individual child. These programmes include pre-school, physiotherapy, food supplement and clothing.

IF YOU DON'T WISH TO DAMAGE YOUR COPY OF THE MAGAZINE PLEASE PHOTOCOPY THIS FORM

STANDING ORDER FORM

Name:

Bank Account No:

Address:

Bank Sorting Code:

..... Tel. No:

Amount per month:

Bank's Name & Address:

Preferred date to start:

Signature:



A Romanian child,
Ion Ion, needing a new life.



Direct from Tulcea county...

Margaret Sheehan and Michelle Hurley arrived in Tulcea, Romania on June 1st 1996 to work on a project promoting health education. Tulcea is a town at the mouth of the Danube Delta basin with a population of 100,000. Five hours northeast of Bucharest, Tulcea is a quiet place with tourism and fishing as the big local industries.

We have received a great deal of support and encouragement from the local Health Board. They are interested in ensuring, that this programme continues long-term. We meet them regularly to discuss progress and to get feedback and they are generally involved in all decisions taken regarding the course.

The aims of this project are three fold: To reduce disease and disease complications via better personal understanding of their own health; to review commonly encountered problems and provide the latest updates on them regarding current management; to act as a support structure to the nurses and to bring them together locally as a group.

On arrival in Tulcea, we spent the first three months locating and organising the project office, producing a teaching manual (130 pages which is constantly being reviewed) and organising the nurse training groups. We took our first training class with dispensary nurses in September respectively. There are 100 dispensaries in the county and approximately 400 dispensary nurses. Up to December 1996 we will have trained 85 nurses who will have attended a course and 115 manuals will have been distributed.

The courses we offer run for either two weeks or 3/4 days. The length of the course is determined by the number of nurses available in the area. The larger areas are given a two week course and approximately 15/20 attend. In the smaller remote areas roughly 7/10 attend. The topics covered during the course are many —

some include: care of the newborn, breast-feeding, nutrition, HIV infection, pregnancy planning, ante/post natal care, vaccinations, public health education-poster session training, communications/listening skills, etc.

Those nurses attending the 2 week course are each given a certificate. For many it is their first time on a training course in 20 years. They are very interested and enthusiastic. Many of them go to great personal difficulty to ensure that they attend daily. Given the hard physical conditions in the dispensaries with no running water, limited telephone service, poor supplies of medication and equipment, bare subsistence wage levels and mixed educational levels of the nurses (varying from one year to three years training) — they are generally very competent.

We have received a great deal of support and encouragement from the local Health Board. They are interested in ensuring, that this programme continues long-term. We meet them regularly to discuss progress and to get

feedback and they are generally involved in all decisions taken regarding the course.

During Sinead's recent trip we visited the UNICEF and UNDP offices in Bucharest. They are very interested in our programme and we hope we will be able to collaborate closely in the future: possibly extending our training programme to other counties. We also obtained training material from UNICEF which is immediately useful.

This is the first year of the project and while there were initial teething problems, the programme is now going well. The nurses are enjoying it greatly and we hope to see lots more of them in 1997!

**Happy New Year
Everyone !**

*Both APSO Co-fundees:
Margaret Sheehan is doctor and
general practitioner and
Michelle Hurley is a dietician.*



Sally, Project Translator, and Margaret Sheehan in front of the deposed and deceased ex-President Ceausescu's Palace.



Albania, High Albania

During the summer months of 1996 Health Action Overseas put together a project proposal in partnership with Refleksione an Albanian women's NGO for the creation and development of counselling services for women. This project document was based on a previous Irish Government investment in an Albanian UNDP/Women-in-Development project.

Several Albanian newspapers and TV programmes have advertised the Centre 'Linja' and Janet has landed a spot on an Albanian TV programme 'Miremenges' (Good Morning) for counsellors from the Centre to discuss letters the show receives regarding domestic abuse and incest.

It was then submitted to the Department of Foreign Affairs Dublin, and with the support of Refleksione, Nuala Fennell and Jean Manahan from the European Women's Development Association, Sinead Whyte, Gerard Byrne and Janet Colgan the project was approved for funding. A big thanks to all concerned!!!

This project essentially involves the provision of a professional counsellor — (namely APSO co-fundee Janet Colgan, who previously worked for Women's Aid, Dublin) who will be based in Tirana for a period of two years to facilitate the implementation of training of trainers courses for professionals in: help-line counselling, crisis and therapeutic counselling, assertiveness, communications and leadership training, the management and administration of such services covering the implications of this in terms of advertising and public education.

Janet who has been there for a period of three months already has informed us that the Tirana Helpline opened on October 12, 1996 and a total of

89 calls had been logged in a matter of 3 three weeks. This is surprisingly high as the service is still relatively unknown and only 13% of the population have domestic telephones.

Several Albanian newspapers and TV programmes have advertised the Centre 'Linja' and Janet has landed a spot on an Albanian TV programme 'Miremenges' (Good Morning) for counsellors from the centre to discuss letters the show receives regarding domestic abuse and incest. This will greatly help to challenge and, ideally, to transform in the long-term the Albanian mentality about violence against women.

Posters are being designed to assist in public education, training has commenced with more detailed training plans being drawn up. Even the Police have expressed an interest in having their cadets and police trainers trained in how to deal with domestic

assault cases. An Irish expert in the area of police training in domestic violence will hopefully be joining Janet and her Albanian colleagues in early 1997 to assist with this activity.

Janet has pointed out that some of the potential obstacles include cultural resistance to change, lack of specific arrest policies, poor reputation in human rights issues, no refugees, and a growing economic dependence of women.

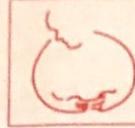
However, the hive of activity in favour of the common good appears to be gripping the country strongly.

Best Wishes to Janet and all our colleagues and friends in Albania for

**A Happy
&
Successful
New Year!!**



Delina Fico, Valdet Sala (Albania), Janet Colgan, Gerard Byrne, Nuala Fennell with Joan Burton Deputy Minister of State for Foreign Affairs.



A new beginning

China's level of service provision for orphaned and abandoned children has come under close scrutiny from the world media in recent months, notably as a result of the publication of the Human Rights Watch (Asia) report 'Death by Default' and the showing of the Channel Four documentary 'Return to the Dying Rooms'.

It has been the view of most agencies who have been

engaged in long term development work in China (including the Amity Foundation and Save the Children (UK) that the focus of such media attention has been unbalanced, simplistic and one-sided, and that it has made their work more difficult.

They have also expressed the view that many improvements can be made by groups who are prepared to

work in partnership with the Chinese authorities.

It is in this spirit that Health Action Overseas is proposing to undertake a training project with the aim of improving standards in the Children's Welfare Institutes (CWIs) in China.

They have also expressed the view that many improvements can be made by groups who are prepared to work in partnership with the Chinese authorities.

Health Action Overseas Proposed Project

Following a fact finding trip which was undertaken in August 1996 by James Dillon and Gerard Byrne, during which discussions were held with Ministry of Civil Affairs officials in Beijing and Shanghai, it was decided to explore the possibility of setting up a training programme for CWI staff.

There are four proposed courses which will be implemented over a two year period:

a) A three month training course, whereby HAO will work with Chinese Trainers, and will cover all aspects involved in training Caregivers who will work directly with the children in the various institutions.

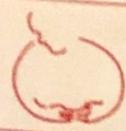
b) The Caregiver course will then be delivered by the Chinese Trainers over a period of two weeks. It will cover such areas of Caregiving as Health and Medical care, Nutrition, Hygiene etc.

c) The directors of the welfare institutions will also attend a two week course, which will be based on management skills, aimed at how they can best serve the institutions. This course will be given partly by a HAO consultant, who will also co-ordinate additional speakers, recruited in China.

d) There will be four seminars which will take place at intervals

throughout the two-year period. They will be Special Topic Seminars, and will address such specific areas as occupational therapy, physiotherapy etc. They will be delivered by guest speakers who will specialise in these subjects.

At the time of writing the proposal document is under discussion with the relevant donors, and it is hoped that concrete steps will be taken to implement the plan during the coming months. At a time of strengthening ties between China and Western Europe it is appropriate that HAO would have a role to play in fostering partnership between Ireland and China in the area of health care development.



OVERSEAS RECRUITMENT



**As returned volunteers,
fundraisers and friends of HAO
could you please help us by
passing this on to your friends**

For the forthcoming year HAO needs volunteer development workers (VDWs) who can commit 3 months of their time to working in our two orphanages in Nicoresti and Negru Voda. Volunteers with skills in care-giving, paediatric nursing, occupational therapy, physio-therapy, speech-therapy, working with emotionally disturbed and severely physically handicapped children, play therapy, etc. are all welcome to apply.

For more information and/or an application form please contact
Health Action Overseas office
at 01- 873 3173 / 872 2471.
We look forward to hearing from you soon!

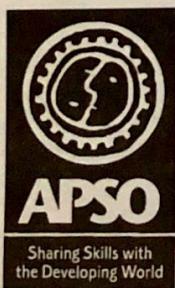


Comhlámh is the Irish Association of Returned Development Workers formed in 1975 to support Development Workers returning to Ireland and to promote greater awareness and understanding of development issues.

If you have any interest in development education or you are a returned HAO volunteer trying to re-adjust, looking for work, wanting to update your CV etc. why not contact Comhlámh the Irish Association for Returned Development Workers returning to Ireland and to promote greater awareness and understanding of development issues.

Comhlámh is based at
10 Upper Camden Street, Dublin 2.
Telephone Dublin: (01) 478 3490,
Cork: (021) 275 881

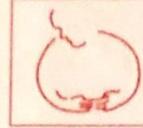
APSO (Agency of Personal Services Overseas) help HAO to process all PRSI entitlements for volunteer Development Workers — for the Department of Social Welfare and have recently reminded the HAO Team of the following:



When you are going overseas, to complete form PRSI 15, fully and accurately, prior to your departure and give the completed form to HAO.

HAO have copies of form PRSI 15.

On your return, to inform HAO that you are home so that your entitlements for your duration overseas can be updated and finalised. **Don't wait until you make a claim — please talk to HAO.**



Introduction to Developmental Concepts

The emphasis on local initiatives and social learning diminishes the the need for direct intervention in projects or programmes. It leaves room to work through other means, notably advocacy, networking and capacity-building.

In most business sectors a particular type of jargon is used to describe and analyse work practices. In the computer industry you have hardware, software, bits & bytes. Likewise in the development world practitioners employ a specific jargon to facilitate 'analytical objectivity' as sometimes though the nature of the work development professionals and volunteers can become emotionally attached to the subject and therefore maintain status quo rather than playing the earlier defined role requirement as 'agent of change'.

Such jargon also provides the basis for project methodology which ultimately relates to organisational policy from generation of project ideas through development to implementation of projects.

In this the first issue of our more regularly related HAO News let us consider the term Sustainable Human Development (SHD).

Sustainable Human Development is defined as the enlargement of people's choices and capabilities through the formation of social capital (voluntary forms of regulation) so as to meet as equitably as possible the needs of current generations without compromising the needs of future ones.

Okay what does all this mean? Let's consider the concept in operation.

As discussed in 'SHD: From Concept to Operation — A

Guide for the Practitioner' by UNDP the challenges facing humanity require major changes in the way social systems are organised and institutions function. These cannot be achieved through plans alone. They will require careful observation of social changes and approaches experimental in nature. Social experiments, many of which are spontaneous, will provide key indicators of the way a society moves towards SHD. For projects to be effective in testing the viability of development options, they need to take into account a number of factors.

First, ideas and innovations must originate locally and people, for whom these things matter, must be in control of the experimental process. It is only through such ownership that the lessons of social learning can be translated into new forms of social capital.

Second, the projects must be open and participatory so that they provide equal learning opportunities for those involved.

Third, projects need to be formulated in ways that are inspirational and catalytic.

Fourth, they need to have a long time horizon to allow for cumulative and iterative learning.

Finally, they must contribute to institutional development, broadly defined as the formation of new routines and habits. Projects that are designed to realise primarily administrative

objectives are not likely to contribute to SHD.

To translate the evolving SHD vision into reality, the development organisation must see itself as:

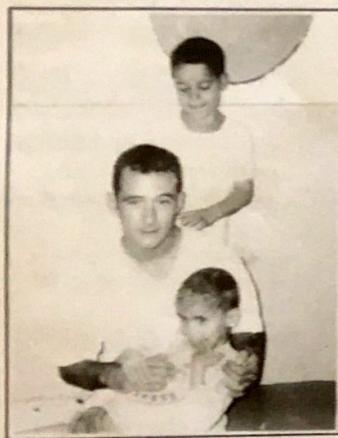
- (1) a catalyst and an advocate for social change;
- (2) an agency which mobilises stakeholders in SHD;
- (3) a supporter of potential partners;
- (4) a self-critical and self-evaluating body; and
- (5) a promoter of institutions that enhance accountability and responsibility of all partners.

The emphasis on local initiatives and social learning diminishes the the need for direct intervention in projects or programmes. It leaves room to work through other means, notably advocacy, networking and capacity-building. This needs to be done at all levels: global, national and local. A key to doing this well is to create an institutional environment that facilitates learning and sharing of experiences and lessons between interested partners. Hence the more new thinkers and practitioners to spearhead the approach are identified the more that will be achieved.

In the next issue of HAO News we will look at SHD in the context of working as a Caregiver in an orphanage and in terms of networking, advocacy and capacity-building to build up a social capital base for facilitating the implementation of SHD.



Could it have been Bertie Ahern's toy rabbit which inspired him to become the man he is today?



Ciaran visiting Negru Voda last Summer.

Pictures Auction

Ever wondered what inspired the famous to begin their illustrious careers? Could it have been something in their childhood — their favourite toy for instance, which was forced to listen to their first tentative notes towards pop stardom or their political speeches?

Well, student Ciaran Geary decided to find out and

raise money for HAO in the process by writing to some of the most famous people in the world asking them to draw a picture of their favourite childhood toy which he auctioned at the Shelbourne Hotel in Dublin in December.

Chris de Burgh, Gay Byrne, Mick McCarthy and Bertie Ahern and U2 are just a few of the celebrities who supplied

drawings of that treasured toy and the event caused a lot of interest in the media.

The event raised £15,000 which will go towards providing equipment at the Therapy Centre in Negru Voda.

Congratulations and many thanks to Ciaran — now that the auction is over he can 'relax' and get back to taking

Fun Fundraising

Do you have a budding fundraising idea that you're not quite sure how to get off the ground? Well, be it a 'How many raw eggs can you swallow' competition to a major classical concert we want to hear about it!

We'll give you all the support you need and also put you in touch with other like-minded egg swallowers in your area! The possibilities are fun and limitless! The most

bizarre suggestion yet involves betting on the exact spot at which a cow will (ahem) relieve itself. So I want anyone with a spare field that they can mark out and a well-fed cow to get out there!

Events planned from the office for the new year include a fashion show, a stepathon, hosted by a celebrity guest and a Spring Ball to be held in a country hotel; tickets will be available to cover the Ball plus a

night's accommodation and breakfast.

Football fans will already know that Ireland plays Romania away at the end of April and we plan to co-ordinate an event to coincide with this. If you would like to be involved in any of these events either helping to run them or taking part please give Jo a call.

Many thanks to all those who raised funds in 1996 and good luck in 1997!

Help Us Raise funds — Clear Out Your Wardrobe!

Some of you will already have encountered Catherine Booth and her 40 foot container lorry. Catherine, her mother Josie and driver, Tom, have been co-ordinating clothes collections all over the country with great success and 'bags' of fun.

Her most successful collection yet was in Kerry

where she says that the main organisers consisting of Michael O'Gorman, Paul Shea, Breda Fornan 'showed us what team spirit was really about'.

So many black bags had been collected that a premises donated to the group for storage was full to the door, and a second lorry trip was

necessary — 1,100 bags in all! Well done and thank you to all in Kerry!

Do you think that your county could do any better?

If you are interested in helping to arrange a collection in your area please contact Catherine on 087 669 127.



Bella's Record-breaking Fundraising



Bella Ford presenting James Dillon with the cheque.

Last year Bella Ford raised over £15,000 in Galway for our Chinese orphans' appeal including a record-breaking street collection of over £4,000. Bella says that she was touched and inspired by the response in Galway including a primary school group in Glenamaddy who through their own initiative collected £247 for children less fortunate than themselves. Many thanks to Bella and all who helped her.

HAO Shop

A big thank you to Olive Harte and all those who have tirelessly offered their services at the shop in Bray throughout 1996. It has continued to provide invaluable financial support — Olive is always there when we need her! But to keep the shop stocked Olive needs your help. Anyone who is able to provide good quality items which can be re-sold (clothes, toys, household goods etc.) can drop the items off at the shop during working hours on Florence Road in Bray. Olive can be contacted on 287 5215.



Olive Harte and friends!

Women at the Wheel — Non-stop to Tirana, Albania

So who still thinks that women make bad drivers? Two women truck-drivers will be putting paid to this outdated idea by driving non-stop to Albania in May with essential medical equipment for the National Maternity Hospital in the capital. As a sign of solidarity we will be asking women (and 'new' men!) to sponsor the truck-drivers to help fund the trip and other mother and child projects in Albania. Philomena

Begley, Irish Country & Western veteran, has offered us use of her hit, 'Truck Driving Woman' to promote the event and we will be arranging a Country & Western benefit night closer to the date of departure.

The Albanian health system is totally underdeveloped, antenatal care is very poor with resultant poor health in both the mother and child. The

infant mortality rate is the highest in Europe. We aim to provide better facilities within the maternity hospital and promote basic public health education through local health organisations.

We will be giving out sponsorship forms and asking people to fill them in on behalf of the drivers (we suggest £1 per person). If you would like to have a sponsorship form, please contact the office.

High-Tech Auction

HAO is firmly grasping the 21st Century by the horns with the world's largest auction to be held on the Internet over the next couple of months. Computer whizz's will be able to bid for items reflecting various musical tastes including Mary Black's Gold Disc, Acker Bilk's reed and a signed photograph from the Spice Girls! Check out our advert on the first page of Ireland On-line for more items.

Can you help us by completing this questionnaire

If you wish to keep your copy of this Newsletter complete please photocopy this page.

Health Action Overseas, Carmichael House, North Brunswick Street, Dublin 7. Tel: 873 3173 Fax: 873 5737



Name:

Address:

.....
.....

Day time telephone no

Have you been involved in any activities on behalf of HAO in the past
year? Yes / No

If so, what

Do you have any ideas for fund-raising in your area this year? Yes / No

If so, what

Would you like to co-ordinate this event yourself? Yes / No

Would you be interested in helping with some of our centrally co-ordinated fund-raising ventures? (clothes collections, sponsored events etc)

Yes / No.

We are looking for a core group of volunteers in each county who would be able to co-ordinate local events — could you be one of those people? You would be supported by us centrally.

Yes / No

If you are a returned volunteer would you like to share your experiences with others? (For example; talking to your local schools or advising new volunteers)

Yes / No

HAO will soon be working closely with Comhlamh (Association of Returned Volunteers), if you are a returned volunteer would you be interested in any of the following: seminar weekends, development education, discussion groups on Eastern Europe, re-orientation for returnees?

Yes / No

Any other comments:

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