

We contribute to:



## HEALTH, WASH AND NUTRITION

**Basic needs, such as clean water, health, and sanitary services, are important preconditions for sustainable development and resilience of vulnerable children and their families.**

In 2022, Help a Child implemented Health, WASH, and Nutrition programmes in DRC, South Sudan, Somalia, and India. In our holistic Child-Centred Community Development programme, Health, WASH, and Nutrition are integrated aspects, involving, for example, the strengthening of community structures, awareness campaigns, and lobbying and advocacy activities. Early Childhood Development Centres are also taking up their role, especially in detecting and defeating malnutrition (see page 15).

2022 has been a difficult year for vulnerable families and children. The post-covid economy, high inflation, and rising prices added up. Moreover, floods, drought, and conflicts in our project areas caused an increase in displacement, malnutrition, waterborne diseases, and other health issues. Our response to the increasing humanitarian needs was hampered by the decreasing value of the euro and access constraints due to insecurity. However, together with our strong local partners, we have been able to reach many vulnerable people with lifesaving Health, WASH, and Nutrition services.



End hunger, achieve food security and improved nutrition and promote sustainable agriculture




Ensure healthy lives and promote well-being for all at all ages



Ensure availability and sustainable management of water and sanitation for all

### Key statistics:

 **34,811** people supported through clean water supply

Soap distributed to **58,037** people 

 **87,560** people have been reached with hygiene promotion messages

**18,948** young children received treatment for malnutrition 



## INDIA

# 'This health centre is a blessing to us'

**In the mountain area of Gajapati, resources are limited. Inhabitants of the surrounding villages work as daily labourers and make just enough money to eat. Hardly any health care is available.**

In the Community Centre of Bithal, health care and education are offered by Help a Child. An ambulance service is available to transport those in need and house visits are made to the most remote areas. Over fifty villages are covered by these services.

Sujenti (33) visits the centre with her son Rezma (3). 'This place is a blessing to us and the only place we can go. The hospital is forty kilometres away. There is no transport, and the fees are high. Here, support is free and the education we've received has changed the lives of our children. The nurse teaches us about hygiene and women's health, which prevents a lot of diseases.'



*An ambulance service is available for those in need of medical support.*



*Sujenti taking her son Rezma (3 years) to a medical consult.*



**DRC**

## No shower, **no school**



**In addition to the construction of latrines and improving the availability of clean water in North and South Kivu, DRC, the Help a Child team supported the construction of showers in schools.**

This was done in response to the need expressed by girls. Previously they would abandon school out of shame as they had no dignified place to refresh themselves. Since the installation of the showers, school attendance by girls has indeed improved and girls are determined to complete primary school.



**2,333** girls & **2,447** boys  
have access to clean showers

## SOMALIA

# Life-saving response to disastrous drought

**MEDAIR**

*each life matters*

**In Somalia, Help a Child has supported Medair and local partners to reach out to the many people badly affected by 'the worst drought in decades'.**

The drought, combined with exceptionally high food prices and continuous conflicts, caused a massive displacement of people. In response to the many disease outbreaks and staggering acute malnutrition numbers, additional

funding was arranged to scale up screening and treatment. A total of 114,240 children were screened, of whom almost 19,000 were actually admitted to nutrition programmes. All of them received life-saving treatment.



**18,948**

children received treatment for malnutrition



**114,240**

children screened for malnutrition



*Baby Yare being assessed during a follow-up visit.*



# Defining the way forward in large-scale humanitarian response

**According to the latest UNHCR estimates, Burundi hosts at least 86,000 refugees and 2,500 asylum seekers, mainly coming from DRC. Together with UNCHR, the World Food Programme, Help a Child Burundi has provided assistance, while looking for tenable solutions.**



*Gaëlle Hazika, Humanitarian and Disaster Response Manager for Help a Child Burundi: 'We encourage ownership and freedom of choice.'*

### Basis facilities

A first step is to make sure people have access to basic facilities, such as clean water, food, shelter and cash aid. In addition to this, Help a Child supported 16,566 refugees in the Kinama and Musasa camps by distributing NFI kits consisting of jerrycans, soap, mosquito nets, mats and other essential household items.

### Constraints in addressing climate change

Burundi is rated as the poorest country in the world. Its capital city Bujumbura Mairie now tops the list of the fastest growing cities in Africa. Without strategic investments, the nation is at risk of not being able to cater for its exponentially growing population. Gaëlle Hazika, Humanitarian and Disaster Response Manager for Help a Child Burundi: 'There are around 75,000 internally displaced people in Burundi. The majority of them, around 89%, had to leave their homes due to heavy rains and floods. Families who had to leave these areas often cannot return to their homes for years.' Furthermore, Burundi faced extended dry seasons causing farmer setbacks and reducing livelihood opportunities.

### Empowering vulnerable people

It is not the only challenge. Gaëlle: 'When people are detached from their home, their entire lives are turned upside down. Many people feel depressed and struggle to get back to daily life. This often leaves deep marks on their children too.'



Dignity, empowerment and regaining perspective are therefore important principles in the projects of Help a Child in Burundi. Gaëlle: 'Where possible, we encourage freedom of choice and ownership. In Musasa, for example, we gave out cash vouchers redeemable for soap, so people could buy their own.' Next to the Musasa camp, Help a Child Burundi launched a fish farm project. With their own funding generated from trading fish, another fish farm was installed. At the Sobel relocation site 250 households were trained in nutrition, climate smart agriculture, child protection, parenting, gender inclusion and social cohesion (see also page 33).

### Way forward

Increasing food prices and a recent cholera outbreak are an additional challenge for vulnerable people.

They are an extra reason to look for alternative solutions. Gaëlle: 'It is sustainable and cost-efficient. Together with the World Food Programme, UNHCR and other organizations, we're looking for ways to deploy this kind of activity on a larger scale. We need to tackle serious issues, such as access to land and microfinance. But this is definitely our way forward.'



### Total number of displaced people supported in Burundi in 2022:

**16,566**  
Refugees

**21,429**  
Returnees

**32,535**  
Internally  
displaced  
people

