

Help  
now

Shelter Now Germany e.V. Waisenhausdamm 4 38100 Braunschweig

# SHELTER-REPORT

Autumn 2020



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*Dear Friends and Partners of Shelter Now*

*Our latest report concerns the issue of health in Afghanistan. For once, Corona is not even mentioned!*

*This does not mean that the pandemic is over, but the topics presented in this report are more fundamental. We are covering basic concerns such as drinking water, hygiene, pregnancy, delivery, baby care, as well as dental health.*

*Enjoy reading the encouraging reports in our autumn edition!*

*Best wishes  
Udo Stolte and the Shelter Team*



*Shelter Now – Rebuilding Lives – Restoring Hope!*

# SHELTER-Report



Mountainous landscape in North East Afghanistan

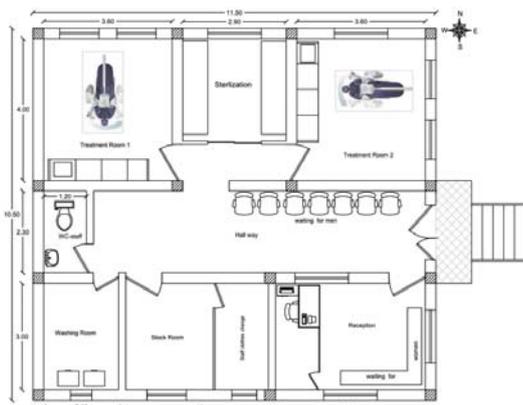


WASH-Project for the children as well



BLISS - responsible and loving care with babies

photo: Tearfund UK



4. Ground plan of the future dental practice in Shekiban

The province of Badakhshan is located in the far north east of Afghanistan. This beautiful mountainous area always reminds me of Switzerland.

Here we have a few projects, such as vocational training for young orphans. However, this time I want to inform you about two other projects: A "WASH" project and a "BLISS" course.

**"WASH" means: "Water, Sanitation and Hygiene training"**

Villagers get most of their drinking water by means of pipes from mountain springs. Then there is a toilet house, normally close to the village school. In addition they receive training in hygiene. Its importance is immediately obvious when you realise just how bad the state of hygiene is in more remote villages.

A 20 year old married villager named Ya-hiya is expecting his first child. He has just been appointed water supervisor for the village. Last year we had trained him to be in charge of health issues in the community.

Here is his report on the changes in the village:

*"Before taking part in the Shelter Now hygiene course our community knew nothing at all. We used to drink water that flowed from the hydroelectric power plant. The dishes from the previous evening were left unwashed till the next morning. The left over food attracted flies and mice and smelt terrible. In the summer it was usual to eat on the veranda where fleas continually settled on the food. Who knows where they had been beforehand. Most people didn't wash their hands with soap and water before preparing the meal nor before eating. They made many other mistakes as well. As a result everyone got diarrhoea time and again, and infants in particular died from this disease.*

*A lot has changed since we received the interesting and well presented training course. You will now find plenty of water and soap next to the toilet, and everyone is using them. Mothers make sure that their toddlers don't touch anything dirty and keep them clean. People no longer squat to relieve themselves anywhere they like. Dishes are now washed immediately after use, and food is covered over etc. Diseases caused by lack of hygiene have*

decreased dramatically, and infant mortality is much lower.

### BLISS heißt: „Birth Life-Saving Skills“

This is a training programme that covers pregnancy, delivery, and care for the newly born. There are many false ideas and superstitions when it comes to these areas of life. Very young women, for example, often experience long drawn out deliveries, during which the new-born baby may die and the mother fall seriously ill. Or in some cases both mother and child become sick or die as a result of poor hygiene.

The men also take part in the BLISS courses. Among other things they learn to care for their pregnant wives by providing them with healthy food. In the villages where the courses have been taught the mortality rate for mothers and babies during and after the birth is significantly lower.

By the way, the English word “bliss” means happiness.

### Dental department opens in Mother-Child-Clinic

Due to the pandemic our primary school, Women’s Centre and the Centre for the Deaf all had to be closed. Other projects are running on a smaller scale; our dental clinic in Herat only treats patients suffering from pain. The practical training of dental students is now in cooperation with the university.

The school dental project is also closely tied to the activities at the university and the newly opened clinic. Those still in training are involved in the screening process of school children, and the children with problems are treated in both the university and the new clinic.

### Eröffnung der Dental-Abteilung im ‚Sekina-Yakoobi-Mutter und Kind Zentrum‘

After a three months delay due to Covid-19, we were finally able to start a new project, and opened a dental department in the Mother-Child-Clinic in Herat.

We now treat children, their mothers, as well as pregnant women on six days a week. Most of them come from low income families who live in poorer residential areas of the city; while others are from villages and camps. They are usually unable to pay for dental treatment. Our team consists of two female dentists, one assistant and three further persons. Of the six team members four are female – a good quota.

At the opening ceremony several high ranking



Opening of the dental department in the Mother-Child-Clinic

personalities from the government and the university thanked Shelter Now for their support.

But we have an additional vision to establish a dental clinic for people living in rural areas west of Herat. We will bring relief to many suffering from tooth ache and provide teaching on dental hygiene. The architect’s plan is ready and the public health authorities are favourable. However, we cannot begin building until the funding is there.

Our colleague Gudrun Göttler wrote us the following:

“Shekiban is a village of 5,000 inhabitants which lies 40 minutes drive west of Herat. The villagers belong to a minority people group – the Turkmens. The surrounding villages are made up of Dari and Pashtun speaking communities. In all there are 30,000 inhabitants in the area.

We plan to begin building a dental clinic on the grounds of the small hospital.



Vivid graphic for dental health in the clinic

Patients come from villages up to 15-20 km from this primary care institution. For many this is the only place to get help, as they can't manage the long journey to Herat.

We already have a Covid hygiene course and a food distribution programme in action. We also have a special training course for people with mental and physical handicaps. Our dentists treat these patients with special care according to their needs. Three things really struck me: The loving interaction among the disabled; the shyness of the girls with handicaps, in contrast to the free behaviour of the boys; and the shame of mothers with disabled infants.

When the training course was over many participants remarked that no one had ever done anything just for them, or brought them anything. They felt themselves treated with dignity.

On this day I received more than I gave. These people were satisfied, all had happy faces or laughed with each other, no-one found themselves too small, too fat, too stupid, too ugly or other things that torment modern people.

What a blessing it would be, and what a difference a dental clinic would make there. We want to begin as soon as possible and before the onset of winter.



Hygiene training for the disabled

Our projects in Kurdistan are progressing. The Trauma-Therapy-Centre for freed ISIS slaves, the Children's Centre, the support of the Nineveh returnees, and all others.

We sincerely thank you for all your support. and your active interest in our work. Keep up the good work!

Warm regards,

Udo Stolte

Help for?	Support? Funding:	Amount in euros?	Project (Project no.)
Impoverished villagers in Afghanistan	100 dental treatments	66,--	Dental clinic Sheki-ban (6510)
Villagers in Afghanistan	WASH project for one person	70,--	WASH (6961)
Villagers in Afghanistan	BLISS-course for one family	300,--	BLISS (6962)

**Spendenkonto Schweiz** Shelter Now Germany e.V. Postfinance Bank Kto. 60-798660-9  
BIC (SWIFT): POFICHBEXXX IBAN: CH61 0900 0000 6079 8660 9

**European account details** Shelter Now Germany e.V. NORD / LB Hannover Kto. 25 23 058  
SWIFT: NOLADE2H IBAN: DE65 2505 0000 0002 5230 58

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**Beleg/Quittung für den Auftraggeber**

Begünstigter:

**SHELTER NOW GERMANY E.V.**

IBAN des Begünstigten:

**DE65 250500000002523058**

Kreditinstitut des Begünstigten:

Euro

Auftraggeber/Einzahler:

Verwendungszweck:

**Abzugsfähige Spende**

Bestätigung zur Vorlage beim Finanzamt

Bei Bareinzahlung Empfängerbestätigung des annehmenden Kreditinstituts

