

**CRUSADE/TAMWED
HEALTH AND SANITATION PROGRAMME 20011/12**

Version 3.5.11

1. Aim

To extend health promotion work to 5,000 families covering a population of 32,000 in Minjur and Sholavaram Blocks over 12 months.

2. Profile of the community

The villages surrounding Minjur and Sholavaram Blocks of Tiruvallur District of Tamil Nadu are backward with agriculture being the mainstay of the population. The distribution of land is highly skewed with a few dominant caste families owning most. A majority of the households live in small substandard houses of mud and thatch. Around a quarter belong to oppressed Dalit community.

3. Background

CRUSADE (Centre for Rural Systems and Development), a longstanding TAMWED partner NGO in South India, has been operating in 150 poorer hamlets in the two blocks since 1992 with the main aim of alleviating poverty and powerlessness of the marginalised communities. CRUSADE has organised 8,000 poor women into cohesive Self Help Groups.

Health Education to Self Help Group members using 10 modules by 10 Cluster Coordinators and 10 trained Health Workers, was delivered during 2008, 2009 and 2010. A Health Manual containing 10 modules in Tamil was distributed to each of the SHGs for the members to refer and to make use of it for the community.

In 2009-10, CRUSADE conducted a Household Survey in 103 project villages with a population of 32,000 to assess health problems. Analysis of the survey revealed that around 10% of the population suffers from major illnesses. Diseases widely noted include Diabetes Mellitus, Hypertension, Heart Disease, Tuberculosis, Asthma, Menstrual Irregularity, Infertility, White Discharge, Kidney Stones, Visual Disturbances. Epilepsy, ulcers, etc.

CRUSADE started a comprehensive diagnostic, treatment and referral programme with a positive impact. Around 50 members were followed up from the survey so far. The patients continue to take treatment to manage the health problems. With the positive results achieved, CRUSADE would like to extend the programme to all the 3200 patients identified.

The home herb garden project being implemented by CRUSADE with TAMWED support will build the capacity of health workers in training other members and will ensure sustainability of primary health care at village level.

4. Objectives

- a. Address the specific health problems of 3,200 individuals through proper diagnosis, treatment and referrals.
- b. Continue to run the Homoeopathic Clinic over 3 days a week providing advice, referrals and medicine at a primary level treatment for 100 men, 800 women and 100 children.
- c. Conduct diagnostic, eye and dental camps in 25 villages.
- d. Conduct 4 mass awareness programmes to promote the proper disposal of household waste and the recycling of plastics and other toxic materials.
- e. Provide health education to 30 male youths in primary health care on a pilot basis.
- f. To assist in the construction of 50 toilet units and 100 soak pits.
- g. Consolidate the environmental awareness and sanitation work to improve the overall health of the target communities with an additional 2 new Health Workers to create a team of 12.

5. Outcomes

The implementation of this programme will improve the health status of the target communities and will result in a positive impact on families by increasing access to basic health care and raising the level of awareness about health issues while reducing the cost of health care and the number of days of absence from work.

Around 500 people will benefit from eye camps by checking eyesight, undergoing surgery, receiving spectacles, and around 250 will benefit from dental camps which will include oral hygiene, tooth extraction, dental filling and referrals.

The project will improve environmental sanitation in about 20 villages directly which will have a spiral effect by increasing awareness of the importance of the safe disposal of household solid waste and waste water and through the construction of **50** sanitary toilets.

6. Management, Monitoring and Evaluation

CRUSADE's Secretary, Jothi Ramalingam, will be the overall project manager, supervising staff, managing finance and preparing half yearly reports for Tamwed's Secretary who will monitor progress. The project will be internally evaluated in the last quarter. The Medical Officer, Dr.Hari Prys will organise training and camps and complete follow up actions with the assistance of CRUSADE field staff and health workers.

7. Programme

	Apr - Jun	Jul - Sep	Oct - Dec	Jan - Mar
Counselling, Referral, Follow up	xx	xx	xx	xx
Health education to men	xx	xx	xx	xx
Health camps	xx	xx	xx	xx
Homeopathy clinics	xx	xx	xx	xx
Environmental & sanitation awareness programme	xx	xx	xx	xx
Toilet construction	xx	xx	xx	xx
Reporting		xx		xx
Evaluation				xx

8. Budget

This programme will cost **Rs 993,500 (£14,193)** of which Tamwed's contribution is **42% i.e. Rs 416,000 (£5,943)**. The remainder will be provided by Action Village India (AVI), a UK-based NGO which has previously shared the cost of CRUSADE's health programme with TAMWED.

(Rs)

	TAMWED	AVI	Total
Homoeopathy Doctor/Trainer honorarium.	0	136,500	136,500
10 x Cluster Coordinators honorarium.	0	220,000	220,000
10 + 2 new Health Workers honorarium & travel	208,000	0	208,000
Training & materials	20,000	18,000	38,000
Health education for men	20,000	0	20,000
Data collection and analysis	10,000	0	10,000
10 Eye & 5 Dental Camps @ Rs.2000/camp + 10 Diagnostic Camps @ Rs.1000/camp	20,000	20,000	40,000
Medical Equipment for anemia diagnosis	5,000	0	5,000
Medicine and cost of diagnosis	10,000	0	10,000
Travel (for Doctor + Cluster Coordinators)	0	30,000	30,000
Phone, Post, Stationery etc	6,000	12,000	18,000
Accountant (part time) + Computer operator (PT)	52,000	91,000	143,000
Transport expenses of those referred to hospitals	5,000	0	5,000
35 Sanitation units	30,000	40,000	70,000
Soak pits (100)	0	10,000	10,000
Total Rs	386,000	577,500	963,500
Rs70 to £1	Total £	£5,514	£8,250
			£13,764

Notes on Plan

There was discussion during 2010, initiated by the Tamwed committee, about training male health workers but Jothi considers that it may not be feasible to do this during this next programme. On a pilot basis, CRUSADE could provide health awareness/education to selected young men but they will not be able to deliver the complete training programme of all 10 modules. They could deliver orientation for the same group of around 30 men on a quarterly basis. This training would cost a further Rs20,000.

Currently, the 10 Health Workers (who are actually volunteers) are each paid an honorarium of Rs1,200 per month + travel. CRUSADE intends to increase this to Rs1,350 + travel per month to offset inflation i.e. Rs1,500 per month, Rs18,000 per year which amounts to Rs180,000 for the year for the 10 workers. The 2 new women Health Workers will receive Rs1,000 per month + Rs150 travel i.e. Rs1,150 per month, Rs13,800 per year. This total has been rounded up to Rs208,000 for the 12 health workers for the year.

The Role of Health Workers vis-à-vis Cluster Coordinators

Health workers are basically volunteers from Self Help Groups (SHGs) and are engaged as trainers to provide education to SHG members in a cluster of villages. They are allotted specific villages where they create health awareness, provide health education, help organise camps and conduct household surveys. They also follow up people with known health problems and advise them on diet, exercise etc during routine visits.

Since the Home Herb Garden Project was launched, they are also being trained in establishing home herb gardens and in processing herbs for home remedies. They are involved in documenting local health practices and identifying households for establishing herb gardens. For all this work they need to be compensated for the time and effort, but they are not on the payroll of CRUSADE. They cover 40 villages .

The Cluster Coordinators are in charge of the other villages and do the same work as health workers in other 60 villages. Apart from health work, the Cluster Coordinators monitor groups in **all villages** in savings and credit, provide bank linkages, prepare group monthly account statements, help in income generation work, conduct village and Panchayat level meetings, help assess the extent of disability of persons, organise their transport to district headquarters for Government help, identify ultra poor families in the villages and other activities related to CRUSADE. They are full time and are in the payroll of CRUSADE.

Health workers are independent and are accountable to the Medical Officer. They do not report to Cluster Coordinators.

Finance

The budget has been reduced as far as possible with provision for 2 additional Health Workers (one in Sholavaram is already in place). The budget is now Rs386,000. There was an underspend of Rs48,189 on last year's programme so that Rs338,000 (rounded up from Rs337,811) will be transferred.

[Rs338,000 transferred 5.5.11](#)