

OCTOBER 2016

# Information Update

CHA Information Update

## Psychological support for men and women of the armed forces

The Centre for Humanitarian Affairs and the Consortium of Humanitarian Agencies is pleased to present activities undertaken in the month of October

CHA has advocated this topic previously. We have once more proposed to the Ministry of Defense to look at Psychological needs of those serving; those been discharged; families and care givers in both categories, the physically disabled AND Families of the MIA.



Getting help for PTSD is important if you feel you are not functioning as you once were.

The symptoms of PTSD are part of the normal reaction when we think we have narrowly avoided a death.

*A program could offer education, evaluation, and treatment.*

### Services include:

One-to-one mental health assessment and; Medications; One-to-one psychotherapy and family therapy; Group therapy (covers topics such as anger and stress, combat support, partners, etc.) or groups for Veterans of specific conflicts or specific traumas.

### Specialized Outpatient PTSD Programs (SOPPs)

Regular outpatient PTSD care can be provided by a specialist or in an outpatient PTSD program including:

PTSD Clinical Teams (PCTs); Substance Use PTSD Teams (SUPTs); Women's Stress Disorder Teams (WSDTTs); Day Hospitals.

## The Street Store Sri Lanka



The Street Store Sri Lanka held its second pop up shop at the Colombo Methodist Church, Colpetty on 21st October from 1.30 to 3.30 partnered with The Soup Bowl at their Drop In Centre. We had nearly 100 satisfied shoppers visited

our stall.

### What is the Street Store Sri Lanka ?

It's described as "the Sri Lanka's first rent-free, premises-free, FREE, pop-up store — for the homeless/ needy". This is a program aimed at collecting donations of used clothes, shoes, books, or other items to be channeled



they like the colour, or whether or not the shoe fits... it makes no difference. Instead of feeling like they're having old clothing thrown at them, the homeless receive a full shopping experience. They can browse through the clothes, we'll help them find an outfit they like, it's wrapped up and off they go.

"Often we're told not to give to people, because some say you're perpetuating the problem, you're making homeless and needy people reliant on handouts. At the same time, people are often unsure of where to take their donations," on the other hand, the receiving process is such a degrading one to most homeless and needy because of the absence of choice.

The Street Store Sri Lanka wants to bridge this gap and we welcome you to join hands to build this bridge. Individuals are encouraged to donate gently-used apparel. Customers are welcome to choose an item, an accessory, or an entire outfit that peaks their interest... Free of Charge.

The next store is to set up shop in December nearing Christmas 2016 (More Details to follow soon).

Follow us on Facebook - @theStreetStoreSriLanka or E-mails - thestreetstore.srilanka@gmail.com for inquiries.

to needy people in the form of a Shopping mall. They often have to just

take what they can get, regardless of whether or not it fits, whether or not

## Three E's INITIATIVE

Batticaloa-proposal discussion DS Office, Kiran



Participants from DS Office & RDS and WRDS

A follow up meeting to that held with the DS Kiran, to discuss and gather information for developing the proposal for the three E's Project – Education, Entrepreneurship and Employment took place attended by the three members of staff of CHA, Batticaloa, Grama Niladhari of Vahanery GS division the project target village, Samurdhi Officer, Development Officers (HR, Education,

Economics, Industries, Women Development, Agriculture, Child Protection, Cultural) on behalf of the DS Office and the members of the RDS and the WDRS Vahanery.

The Divisional Secretary had made all the arrangements and the officers ready for the meeting on a prior request made by CHA, Batticaloa. All the officers contributed sharing their inputs in each field – education, entrepreneurship and education – it was supported and enriched by the RDS and the WRDS members present

at the discussion.

The potential assets available in the village for future exploitation on each sector for the project was recorded and documented for further development.

**JAFFNA** – 26 projects have been developed covering - Livestock breeding, Palmyrah Production, home based SMEs, Fisheries, Coir production, Micro Industry - Palmyrah products, Coastal Fishing & Dry fish making, Improving Production of milk

based products, Small Industries - Juice production, 3 E's Entrepreneurship - Iron nail production, Mushroom cultivation, Leather and garments industry, Industrial - Capacitating Welding Centre, Carpentry industry, SME - Food processing, SME - Food processing, Industrial - Rice mill product. The proposals will be discussed with the Ministry of Social Empowerment and Welfare.

Our intent is to support groups to access fund support from Samurdhi Banks.

## Special Needs



Donating used Laptops for undergraduate students with special needs

### E Resource Center

Meetings held with Lyceum International, Shiyamala Art School and Menhandy on the concept. Keen

interest was shown to develop the Resource centre. Materials for the E-resource center have been compiled. Uploading to the web is on the process.

CHA sourced todate four donors to provide used laptops for undergraduate students with special needs.

## Physical Challenges of Aging

- **Functional Decline** : The human body becomes increasingly vulnerable over time. Vision and hearing are often the most affected areas of perception. We also experience a generalized functional decline that reduces our mobility, strength, balance, agility, leading toward increasingly levels of frailty.
- **Age-related Disease:** Age-related diseases include dementia, cardiovascular disease, osteoarthritis, osteoporosis,



No Elderly

...should waste their final years sitting around at home. Dear elderly, go out and have fun! Stay active and you'll be just...

Fine

diabetes, cancer, strokes, age-related macular degeneration (AMD or ARMD), and glaucoma.

Chronic disease is often a contributing factor to functional decline.

- **Age-related Adaptation:** As the body becomes increasingly frail, our primary task is to successfully adapt to more profound levels of functional decline, frailty, and dependence..
- **Age-related Health Care:** Psychological Challenges of Aging. Dementia, Grief, Depression, Isolation, Reconciliation

# Health Challenges of Aging

- **Obesity and Metabolic Syndrome:** About three-fourths of adults aged 60 and older are overweight or obese. Obesity is related to type 2 diabetes, cardiovascular disease, breast and colon cancer, gall bladder disease, and high blood pressure.
- **Arthritis:** Arthritis affects nearly half the elderly population and is a leading cause of disability. The

keys to prevention: avoid overuse, do steady, regular exercise rather than in weekend spurts, and stop if you feel pain.

- **Cancer:** Risk for developing most types of cancer increases with age.
- **Cardiovascular Disease (CVD):** (CVD) affects more than one-third of men and women in the

45- to 54-year age group, and the incidence increases with age.

- **Vision and Hearing Loss**

Age-related eye diseases -- macular degeneration, cataract, diabetic retinopathy, and glaucoma -- .

- **Mental Health Memory and Emotional Well-being:** One of the perplexing problems of aging is Alzheimer's disease.

**EMPOWERING  
WOMEN  
TOGETHER**

Women.lk We are working on the web platform whilst discussing partnership with state agencies to develop content, products and services for segments, ensuring knowledge reaches each of the target audiences.

## De-Silting ponds in Island of Kayts



Ministry of Defense has approved the use of the Navy to De silt ponds in Kayts as a long term solution to the shortage of water in the island. We are currently awaiting technical advice on the manner in which de silting should be undertaken and equipment available in Jaffna and cost attached if any for its use.

## Special Rapporteur on Rights of Minorities

We reminded the Office of the UN Rapporteur on Rights of Minorities about the Statement of Principles on Minority and Group Rights in South Asia. The major aim of this statement of principles on minority and group rights in South Asia is to effectively address minority issues and concerns, which cut across countries in South Asia and enhance regional responses. The statement includes 11 principles and an explanation of the meaning of these principles within the context of South Asia. The statement also contains an overview of the constitutional provisions which provide minority protection, and points to some of the major regional and international human rights standards from which each of the principles has been drawn. The principles



themselves have been elaborated on the basis of the United Nations Declaration on the rights of persons belonging to minorities, international minority rights standards and, in the absence of regional standards in Asia, specific European instruments and documents, including commentaries thereto, as well as constitutional provisions and jurisprudence in the region. In particular, the principles have been adapted to the issues which are of relevance in South

Asia and the circumstances in each of the five countries covered by this statement, namely, Bangladesh, India, Nepal, Pakistan, and Sri Lanka.

We had sought from the Office of the SR Recommendations of Forums and Thematic Reports from previous annual sessions. Our interest is regional and national. On the former the South Asian charter remains relevant. On the latter we propose an annual Status of Minorities Report to be considered to share at Annual Forums in Geneva. We felt the Ministry of National Co-existence Dialogue and Official Languages in Sri Lanka would benefit if comparative global best practices available in the Office of the SR are shared.

## Disaster Risk Reduction Activities

For further reading on our Disaster Risk Reduction and Management projects you may refer to the A-PAD Bulletin, our bi-monthly publication which carries an expanded overview of all disaster management activity at the CHA. (Also visit us at our DRR programme website <http://www.apadsl.org/>)

### Batticaloa

One of the objectives of A-PAD Programme is to set up a strong platform in the Eastern Province. Three Chambers from all three districts have decided on Eastern Province Chambers Forum (EPCF) .



Eastern Province Chambers Forum (EPCF)



Chairman Chamber of Commerce Ampara addressing



Chairman Chamber of Commerce Trincomalee addressing



Chairman Chamber of Commerce Batticaloa addressing

### Jaffna District



Deputy Executive Director Mr. Hashim and Project staff visited Jaffna to review Project Activities in Analaitivu, Melinchchimunai, Thampatty in Kayts Divisional Secretariat Division and Mathagal, in Sandilipay Divisional Secretariat Division .



One community workshop were conducted on Creating Disaster Resilient Community was conducted in Mathagal. At the end of the workshops participants were given trees.

### Trincomalee District



Three workshops were carried out in Trincomalee District on Disaster Preparedness.



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The Information Update is also available on the CHA website: <http://www.humanitarian-srilanka.org>

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