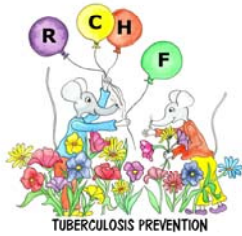


## RCHF NEWS UPDATE AUGUST TO DECEMBER 2010



### TUBERCULOSIS PREVENTION

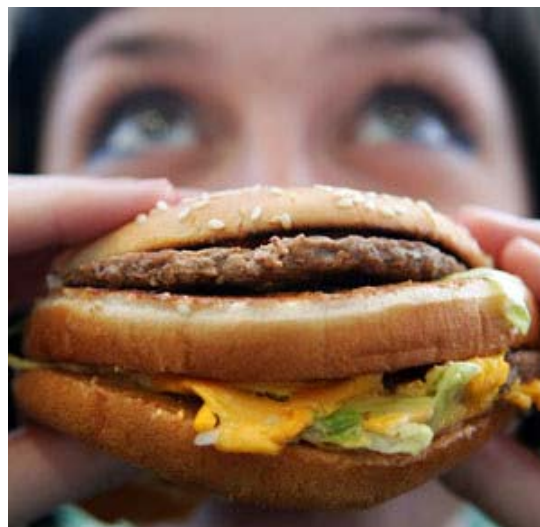
Following up on the Cross Border TB conference of late June RCHF has continued to educate about the serious problems of TB in both Romania and The Republic of Moldova, plus has developed several new initiatives to help TB sufferers also including a cross border TB health-card which is awaiting approval for use at this moment.

Students of all ages via RCHF approved TB prevention programs are made aware of the dangers of TB, the signs and symptoms of TB, plus the fact that TB is fully curable if the full course of treatment is followed. New learning tools produced by RCHF include a series of TB question cards to be used within group session workshops. The Interactive TB board game developed over the past few years to help children learn about TB prevention is still used as is a valuable learning tool for young people of all ages.



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### Healthy lifestyles September to December program



Eating junk food regularly as many young people do causes obesity and endangers health.

Within the public health education work of RCHF we have collaborated with Romanian Public health authorities for many years and within each year there are health education themes to apply and develop into projects. The Theme used by RCHF from the start of the Autumn school term until December holidays is the Healthy Lifestyle Theme, which has proved popular and interesting to students and parents alike. We developed a PowerPoint presentation about the subject, which includes a visual presentation about the dangers of junk food and obesity along with the healthier options for instance of fresh fruit and home made vegetable salads. The presentation lesson also includes information about the need to exercise regularly and suggests simple ways to achieve this so that your body stays in tip top condition no matter what age group one falls into.

Sadly today all over Europe people die needlessly because of overweight conditions all too often associated with a lack of balanced diet, eating of junk food on a regular basis and lack of daily exercise. Millions of European citizens also suffer from Diabetes often caused by a unhealthy diet. Within RCHF we recommend each person to exercise for at least 30 minutes per day and this can take the form of walking, cycling and by participating in sports. People who are seated in their jobs many hours including those who work in IT need to have regular breaks and in those moments get up and walk around briskly to allow the circulation of body muscles to act again and for the lungs to open up and allow fresh air to enter the human body easier. Breathing exercises are in fact important to anyone who stays either seated or in bed for long periods of time and even a bed bound person can be taught these exercises which are to their direct benefit health wise. The younger a person learns to exercise the healthier they will grow in life!



Even in schools without an overhead projector we can still teach health education subjects via a school laptop and within the lessons ask questions in order to gain valuable feedback from children. In rural schools where there are often no modern facilities we address students direct and provide hand out leaflets also, thus are able to teach any said subject to any class no matter the schools material conditions or location. Within RCHF we believe that all children no matter where they live or their families status should all have an equal chance to sit side by side in class and learn about vital health subjects that will aid them to a healthier lifestyle in future years.

### **RCHF only educates children in their national language**

Here we are unlike many foreign charities, which prefer to use English or French. In our opinion if you are to be fully understood by the students you teach a foreign Country one must speak in the Countries national language. If you do not then clearly many in the class will not fully understand and the lesson will be of only minimal benefit to the students. It may be an easy option for foreign helpers to use their own language, but it has negative consequences for the students being taught.

# INSPIR 2010 CONFERENCE

RCHF was honored to be invited to participate in the 3 day prestigious INSPIR 2010 national Pulmonary Disease conference organized by The Pulmonary Disease University Hospital of Iasi and University of Medicine Gr T Popa Iasi and sponsored by Pfizer, Astra Zenca and Glaxo-Smith-Kline (GSK) held at the historic Iasi central university Ferdinand in October.

Brian Douglas was invited to speak about the work of RCHF in TB prevention to the huge delegation present including international delegates from many European Countries, plus from The Ukraine and Republic of Moldova and Serbia. Brian also made friends with UK specialist Doctor Donal Bradley and spent time discussing aspects and differences between medical care in the UK and Romania.

## Street Children Network Conference 2010

RCHF along with EURAD participated in the SCN-E pave the 'Way for Young Potential' Conference in the fall of this year. Included within the conference was a press conference at the Suceava Police Inspectorate where Brian spoke about the urgent need for the Romanian authorities to address the serious drugs problems affecting Romanian young people today including on the subject of Etnobotanic weed shops which remain open after a proposed ban was never effected by the Romanian authorities in February of this year.

In the afternoon a workshop for young people arranged by the 3 participating NGOs in collaboration with Suceava Police Inspectorate was well attended by over 60 young people who all eagerly participated in the workshop themes including a strong anti drug theme.

**Be strong and just say  
NO to narcotics**



Essential reading for young people today.

### **Drug abuse must be addressed**

The huge rise in illegal narcotics into Romania and The Republic of Moldova along with Republic of Serbia that has an ongoing problem of youngsters who consume narcotics must be addressed with seriousness and vigor. RCHF has within the past 9 months in fact been writing and designing a book to help advise and educate young people about the dangers of drug abuse and associated health risks, plus added dangers posed by organized crime operators who take advantage of drug users who are often trafficked, made to steal or turned into forced prostitution by their captors.

The book will be available in Romanian in January 2011, followed by an English version and other languages later in the year ahead, plus a second book which will be animated is being designed at this moment and will help younger children understand the dangers of narcotics

# DOROHOI - County Botosani.

## The continuing trauma of the June disaster refugees

RCHF continues to provide support and assistance to the many refugee families who had their dwelling, belongings and animals washed away literally in late June after a river bank filled with water after weeks of heavy rain broke loose sending a 2.5 meter high wall of water and muddy debris across half the old town - destroying all in its path as it did so and claiming several lives Human in the process of those who were too weak to escape from their small dwelling houses.

RCHF sent out urgent aid appeals and is thankful to Dorcas who sent in to Dorohoi 30 tons of much needed aid quickly after the disaster including fresh drinking water and food supplies for homeless refugees.

Time passed and RCHF realized that reconstruction materials for new dwellings was being held up in a political wrangle in Bucharest - time further passed and only a small amount of reconstruction materials arrived thus by autumn the majority of affected families were still homeless, some sleeping in makeshift shacks and others in dwellings that are in a dangerous condition and also pose a health risk from infected sewerage and water damage. RCHF helped by friends including Rupert Wolfe Murray organized and purchased tent kits for refugees as a stop gap accommodation. These large 2 bed-roomed tents were complete with 2 double mattresses; large rechargeable lantern and mattress feet pump. RCHF has continued to supply essential needs monthly to the refugees and will continue to do so until they are re housed after next spring. It's a huge task and RCHF works in collaboration with the Dorohoi authorities in this vital operation, plus will be delivering Christmas aid to refugee families and children this year also.

Dorohoi refugee children in their tent home below and right and old lady in her hastily built shack made from demolition debris after the flooding.





A couple of 80 plus year old pensioners in Dorohoi we provided a tent home for and on the right one of the many beds complete with bedding RCHF with Dorcas has supplied to refugees in Dorohoi. Its now well below zero daily in Dorohoi and with deep snow and ice also to contend with the lives of these brave refugees remain precarious because of these extreme winter condition, but RCHF will continue to offer as much support as we can to help save further suffering. If anyone can offer any support no matter how little please drop us a line at [stichting\\_rchf@yahoo.com](mailto:stichting_rchf@yahoo.com) without obligation

**RCHF having been invited to make a full report on the 2008 flooding for NATO peace and security section has again delivered a report on the Dorohoi disaster plus has outlined suggestions to avert such disasters in the future including ways to help saving human life in such disaster situations. .**

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In late August RCHF participated in a round table conference at the Iasi Public health department to help discover future ideas for projects including if there could be funding grant availability in the future and will continue the long standing collaboration in 2011 as well as with The Pulmonary Disease University Hospital Iasi.

**OUR next newsletter will appear in January with all the news of Christmas aid deliveries to families in need.**

**We wish all of our supporters a Merry Christmas and a very Happy New Year.**