

Annual Report



CBHP
COMMUNITY BASED
HEALTH PROJECT

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"I've always been interested in Global Health, and being involved with CBHP has been an amazing way to learn the ins and outs of how a humanitarian organisation works. I truly believe the goal of sustainability is the best way to achieve progress, and I'm proud to be a part of working toward this goal with our partners in Buldana."

*-Sonia Srinivasan
(Chief Child
Sponsorship Officer)*

Who Are We?

Our Story

In September 2010, inspired by the success of the Jamkhed model of rural transformation in India, Dr Moses Kharat decided to return to his native town of Buldana to dedicate his energies to working with the rural poor.

The project eventually became known as the Community Based Health Project (CBHP)*. While the project is still in its infancy, it currently operates in eight project villages.

CBHP focuses on training and empowering Village Health Workers (VHWs) as the main agents of change in their villages, while supporting them with Mobile Health Teams (MHTs) and referral clinics. The long-term goal is to see villagers fully empowered to take ownership of their health to overcome health inequity.

In 2016, CBHP combined with our affiliated on-campus group Melbourne University Community Development Club. Now CBHP has a new on-campus group called MU-CBHP.

** CBHP India is a project registered with government of India under St. Lukes Community Health & Development Center Buldana (Reg No F 2366)*

Our Mission

To use a community based approach to help mitigate health and social injustices in rural India and to create awareness of these issues in Australia.

Our Vision

For every person in rural India to be empowered to take ownership of their health and to overcome health and social injustices

For the Australian community to be aware of and engaged in global health issues and solutions

Our Values

"I love being part of an organisation where everyone is so friendly and down to earth but we still get things done, and I think what we're doing is really important."

*-Wenn Lynn
(Design Officer)*

For Buldana – we hold the needs of the Buldana community before our own

Put People First – CBHP is about people and their growth, and this always takes priority

Servant Leadership – those who aspire to lead should first look to serve

Integrity – we strive to perform our work with honesty and transparency

Cultivate relationships – relationships are at the centre of all communities, as well as our own.

Knowledge & Excellence – program development informed by evidence-based research



Words from Dr Moses

Greetings from CBHP Buldana,

CBHP has been in existence now for more than five years. The journey from a single program offered in a remote village to help the poor and disadvantaged access health and education facilities has been an enriching and successful one.

So much so that we have expanded our activities in and around Buldana. In 2010 CBHP commenced a small initiative of healthcare in NaiknagarTanda village. Today CBHP assists with healthcare in ten villages. Our vision is simple: to realise the dreams of the poor and the underprivileged. Our focus is on those people who are unable to access quality healthcare, education and basic amenities that deliver improved quality of life. The areas of our concern focus on the livelihood of families, empowerment of women and protection of the environment. We and our programs are driven by our mission: to work with communities and act as agents of change to help the poorest access and actualize their rights as enshrined in the Constitution of India.

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In the past five years we have enhanced and expanded the range of CBHP programs. Now our team will review and realign the programs to the changed realities faced by rural Indians. We will reflect and further strengthen our successful programs and amend programs that are not effective and which do not bring value to its beneficiaries. CBHP will continue to work alongside volunteers and social workers. Our programs require a large dose of empathy and the ability to proactively reach out to the poor and needy of India. We are grateful to our generous and committed sponsors who willingly give us their unwavering support. Notably, the majority of this support comes from Australia. We thank our sponsors very much for supporting our programs and trusting in us. We strive to be a transparent and accountable organisation where our efforts in targeting real and lasting change account for making a real difference in our part of the world.

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I would also thank all the individual family sponsors for their support of our preschool program. Having an understanding that child sponsorship helps not just the children, but entire families and communities. Education is the facilitator of change that assists in breaking the cycle of poverty in rural India. Your responsiveness to the call for help and care of our youngest children help propel our work to reach others. Sponsors who are interested in investing in a non-profit organisation which delivers sustainable solutions to root causes of poverty.

Thank you for helping us break the cycle of poverty in rural India

The CBHP team once again secured an annual grant award from the University of Melbourne. Thank you to the whole team in Australia for your support, encouragement, time and talent. I would like to acknowledge Dr James Wei, co-founder of CBHP, for sponsoring my visit to Australia last year. It was truly a wonderful opportunity to meet all of the supporters and team members in Australia.

Dr Moses Kharat

Founder & Director CBHP

President Report 2015-2016

In the world of the Community Based Health Project, this year has focused on making the good better. To list some of these achievements, we launched our new website, modernised the CBHP logo, re-vamped the child sponsorship program and newsletter, solidified our relationship with Nossal High School, and are preparing 4 medical students to spend a month in Buldana over summer working with Dr Moses and CBHP India.

A list does not do justice to all the efforts that have gone into each of these pursuits, nor to the ambitious plans that have been formulated for the future. Into these went hours of discussion, collaboration, self-doubt when things didn't seem to be working, and immense pride when they did. It hasn't always been easy, but meetings over brunch definitely helped!

Another milestone for 2016 has been instating a board of directors. Our three inaugural board members are: Dr James Wei, the co-founder of CBHP Australia who is concurrently working as a General Practitioner in Myrtleford; Dr Bharat Ramakrishna, former Director of CBHP Australia; and Lisa Cole, a Development & Community Relations Manager with a passion for community work, who is travelling to Buldana with her family to work with Dr Moses next year. Having the board linked closely to the executive team will mean more stability and direction with each and every year that passes.

All of this would have been impossible without our amazing team of student volunteers striving towards Dr Moses' goals on top of university studies and part time jobs. To this year's team, I would like to wholeheartedly thank each and every one of you, and hope you are as proud of yourselves as I am.

Coming to the end of my second term as Director and my fourth year of involvement with this organisation, I'm proud to see how CBHP has matured into a sophisticated program that closely supports Dr Moses, while also standing alone as a group that can promote community models of healthcare through holistic problem solving learned from Dr Moses and CBHP India. Finally I would like to welcome Arthur Yim and Sonia Srinivasan as our new co-directors, who I know will lead an outstanding team continue to make each year of CBHP better than the last.

Thank you CBHP!

Katelyn Tadd

President of CBHP

CBHP India Program

Three-Tier Health Program



- **Tier 1: Village Health Workers**

Village Health Workers are at the core of our community based "three-tiered" model of health care delivery in Buldana. The VHWs promote health prevention and teach villagers how to deal with common health problems. Recruited from their own local villages, they conduct regular home visits to provide antenatal care, basic health checks (e.g. blood pressure, blood sugar level) and attend to other health concerns of the villagers. The VHWs are also trained to identify serious medical conditions, which require referral to the nearest hospital, CBHP's mobile health team or the CBHP clinic in Buldana city.

- **Tier 2: Mobile Health Team**

The CBHP Mobile Health Team is comprised of a doctor, a nurse and a social worker that travel together into villages to provide regular on-site healthcare services within project villages. The MHT rotates between different villages each week, providing health access to villagers who cannot easily travel into Buldana town, and allows the CBHP team to deliver preventative healthcare and target health problems within each micro-community. It also helps to build trust and rapport with the villages, which is the vital foundation of a community based approach to health care and development.

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Community Programs

- **Water Sustainability Program**

CBHP has worked together with the community of Tanda Village and local engineers to construct a rooftop rainwater harvesting system on top of the local school building and some surrounding houses. This project is running continuously and has provided both a direct water supply and help to recharge local water sources.



- **Women's Group**

There are many health and social challenges facing women and girls living in rural Buldana. These include high rates of maternal mortality during and after pregnancy, difficulty accessing health care, poor education attainment and literacy, cultural and gender prejudices and poor financial prospects. The aim of women's groups is to provide a platform for communities to meet, discuss and prioritize the issues that are most important to them. This ensures that the community is



the spearhead for planning and implementation of any intervention, and any interventions are more likely to succeed because the villagers themselves are dedicated to it.

- **VidyaNiketan English School**

In July 2014, CBHP opened a preschool in Buldana, the **VidyaNiketan English School** (VidyaNiketan means house of education/knowledge). This school was developed in conjunction with village communities, based on a recognized need for quality early education to provide children from poor and disadvantaged backgrounds with better opportunities for development. In VNES, students are taught skills in literacy and numeracy, as well as in basic hygiene and health care.

- A safe space for learning
- Teachers to nurture young minds
- School uniforms
- Learning materials
- Transportation (School bus)

For more information about the Child Sponsorship Program, please visit our website communitybasedhealthproject.org



"Our team (child sponsorship) is constantly faced with the challenge of recruiting new donors whilst trying to maintain engagement with current sponsors. I have been inspired by the dedication and ideas of my fellow team members that has led to the conception of a quarterly newsletter to inform current sponsors (and interested readers) on developments in Buldana, as well as, plans to revitalise our image at potential sponsor recruitment settings."

-Brintha

(Child Sponsorship Officer)

CBHP Australian Engagement

Melbourne University Student Engagement

CBHP Australia runs educational workshops, speaker events and fundraisers at Melbourne University. Our aim is to educate and promote greater awareness and understanding of global health issues, as well as providing opportunities for engagement and advocacy within the wider community. In the past CBHP has run workshops, covering a wide range of topics within global health, including Project planning & design, Community participation and the Social determinants of health.

Nossal High School Partnership

- **Regular Workshops at Nossal High School**

CBHP Australia has a partnership with Nossal High School, a selective co-ed public school in Berwick. We work with Nossal High School to teach them about health leadership and healthy living through workshops and interactive seminars. The students reflect on these health lessons and use our mentorship to create a change within their own community, using Buldana as a source of inspiration for their work. Interactive workshops cover topics such as peer pressure; sleep disorders, mindfulness and cyber-bullying. Students participate in an afternoon of structured project planning strategies, followed by workshop-style breakout groups to implement projects based on realistic issues that aid organizations face. These sessions aim to give attendees insight, challenges



- **Nossal High Tea Program**

On the day of the Nossal High School Cross Country, Nossal High School's CBHP Student Team gathered together to run the ChariTea House, the annual tea bar event. Every step of the recipe, from brewing the tea to serving and decorating the iced tea with fruits, were taken care of by the Nossal students only.

Highlights of Year 2016

New Website, Logo & Emails

CBHP now has a new website which is under construction but will soon be put into use. A new logo is produced under the hard work of CBHP design officer Wen for better promotion of our organization to the public. In addition, each team is assigned with a new email account for both internal and external communication purposes.

Publication

Child Sponsorship team proudly presents our child sponsorship newsletter for better interactions with our generous donors. In newsletter, we have the recent updates from both Australia and India team.

Gala Night

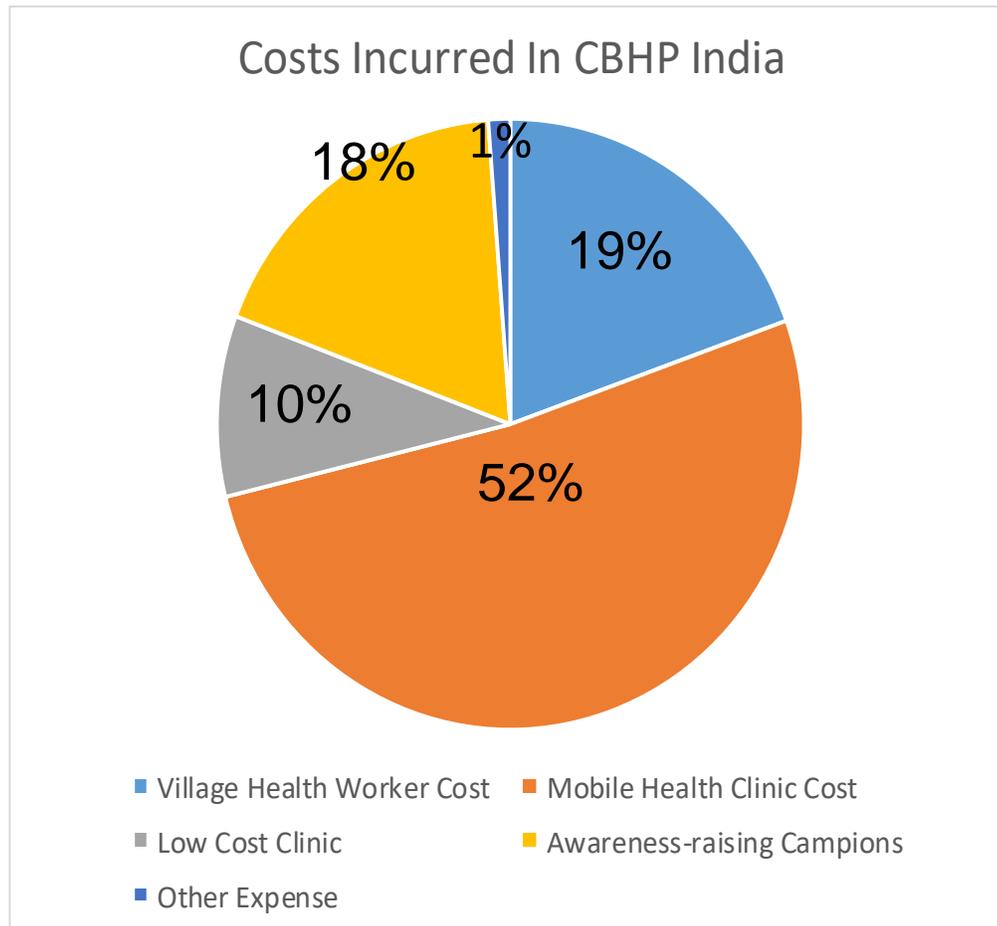
To welcome Dr Moses' visit to Melbourne, we held a gala night to deepen the connections between India and Australia team of CBHP. At the night, we were proudly to invite our Indian dancing team to perform at the night.

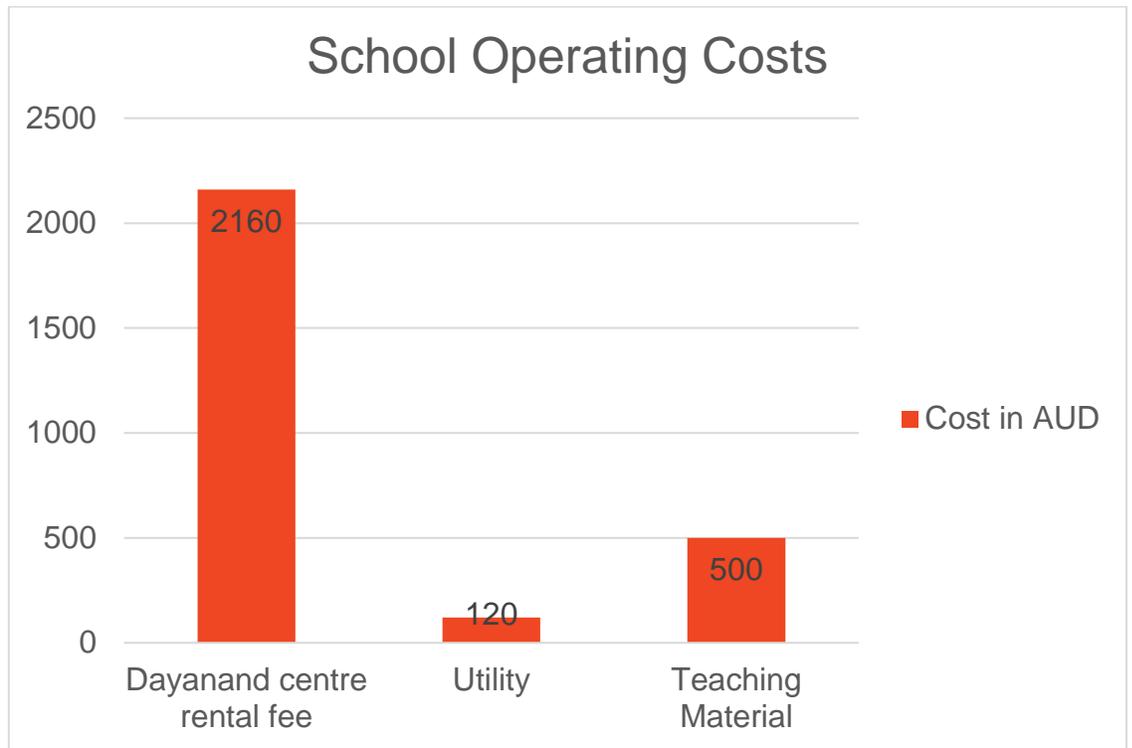


Financial Summary

Cash inflow	
Amounts received by CBHP Australia	\$26,974.38
Private donations	\$10,427.96
Melbourne University Grant	\$10,000
Nossal High Fundraising	\$5,215.45
Child sponsorship- Australia	\$1,330.97
Amounts received by CBHP India	\$3,140.99
Private Donation	\$3,140.99
Total cash inflow	\$30,115.37
Cash outflow	
Amounts spent by CBHP Australia	\$2,092.89
Fundraising Cost	\$168.31
Transaction fee & others	\$140.00
HSA administration fee	\$1,678.50
Gala Night	106.08
Amounts spent by CBHP India	\$24,837.00
Village health workers (VHW)	\$4,842.00
VHW kits	\$1,622.00
Follow up Training Session Cost & Rents	\$1,040.00
Health Education Cost & Travel	\$2,180.00
Mobile health clinic (MHC)	\$12,835.00
MHC conducted	\$925.00
MHC remuneration	\$6,267.00
MHC transport	\$3,580.00
Repair Expense of Breakdown Vehicle	\$2,063.00
Low-cost clinic	\$2,380.00
Clinic rent	\$680.00

Clinic maintenance	\$420.00	
Clinic supplies	\$1,280.00	
Awareness-raising Campions		\$4,480.00
Formation Cost on Self Help Group	\$360.00	
Vocational Training Program Cost	\$1,340.00	
Pre-primary School Functioning Basic Cost (Child Sponsorship)	\$2,780.00	
Other Expenses		\$300.00
Accountant Expense	\$300.00	
Total cash outflow		\$26,929.89
Net cash inflow		\$3,185.48





*Other costs such as teachers' salaries and cleaner's salary are covered by students themselves, which are not covered in CBHP budgets.