

Hygiene and Sanitation activities

Program for health, hygiene and sanitation sensitization program in primary schools

| Day/date | Place | | Time | Activity |
|--|------------------------|-------------------|---------|------------------------------|
| Thurs 4 th and Fri 5 th Dec 2014 | All the seven villages | | ----- | Circulation of circulars |
| Tuesday 9 th Dec | ➤ NgarBuh | G.S NgarBuh 1 | 08:00am | See activities listed above. |
| | | G.S NgarBuh 2 | 09:30am | |
| | | G.S NgarBuh 3 | 11:00pm | |
| Wednesday 10 th Dec | ➤ Konnchep ➤ Njema | G.S Konnchep | 08:00am | |
| | | C.S Konnchep | 09:30am | |
| | | G.S Njema | 01:00pm | |
| Thursday 12 th Dec | ➤ Mayor Binka | CBC Mayor-Binka | 08:00am | |
| | | GS Mayor Binka | 09:30am | |
| Friday 13 th Dec | ➤ Nsom ➤ Nkobii | G.S Nsom | 08:00am | |
| | | IPS Nkobii | 10:00am | |
| Monday 16 th Dec | ➤ Roonjong | G.S Kikaikelaki | 08:00am | |
| | | C.S Kikaikelaki | 10:00am | |
| Tuesday 17 th Dec | ➤ Roonjong | C.B.C Kikaikelaki | 08:00am | |
| | | p.S Kikaikelaki | 10:00am | |

Program for KAP studies in some year two water projects

| Day | Place | Activity |
|---|----------------------|--|
| 9 th and 10 th of February 2015 | Caritas Kumbo office | Work session with Anembom consulting and social welfare field staff in view of the KAP study exercise. Establishment of questionnaires for the KAP studies |
| 11 th February 2015 | Ta-ah Mbve | Test of the KAP study questionnaires |
| 12 th of February 2015 | Caritas office | Review of the administered test questionnaires and final editing. |
| 23 rd to 25 th February 2015 | Bamngam village | Administering of questionnaires for the KAP study |
| 26 th to 28 th Feb 2015 | Moh village | Administering of questionnaires for the KAP study |
| 1 st to 5 th March | Kungi | Administering of questionnaires for the KAP study |

Program for health hygiene and sanitation promotion in primary schools in Donga-Mantung division

| S/N | Date/day (October 2015) | place | School |
|------------|--------------------------------|--------------|---------------|
| 1) | Thurs 1 st Oct | Njimnkang | G.S Njimnkang |
| 2) | Fri 2 nd Oct | Njimnkang | C.S Njimnkang |
| 3) | Mon 5 th Oct | Bang | C.S Bang |
| 4) | Tues 6 th Oct | Mballa | G.S Mballa |
| 5) | Weds 7 th Oct | Kom-Mfumte | C.S Kom |
| 6) | Thurs 8 th Oct | Kom-Mfumte | G.S Kom |
| 7) | Fri 9 th Oct | Ako | C.S Ako |
| 8) | Mon 12 th Oct | Ako | P.S Ako |
| 9) | Tues 13 th Oct | Akwaja | C.S Akwaja |
| 10) | Weds 14 th Oct | Akwaja | G.S Akwaja |
| 11) | Thurs 15 th Oct | Nkanchi | G.S Nkanchi |
| 12) | Fri 16 th Oct | Barabe | P.S Barabe |
| 13) | Mon 19 th Oct | Barabe | G.S Barabe |
| 14) | Tues 20 th Oct | Bondu | G.S Bondu |

Program for health hygiene and sanitation promotion in primary schools in Bui division

| S/N | Date/day (February 2016) | VILLAGE NAME | School |
|------------|---------------------------------|---------------------|---------------|
| 1. | Wed 3 rd Feb | Vekovi | I.P.S Vekovi |
| 2. | Thurs 4 th Feb | Vekovi | C.S Vekovi |
| 3. | Fri 5 th Feb | Vekovi | C.B.CVekovi |
| 4. | Mon 8 th Feb | Kinstenjam | G.SKinstenjam |
| 5. | Tues 9 th Feb | Kinstenjam | C.SKinstenjam |
| 6. | Wed 10 th Feb | Taron | G.S Taron |
| 7. | Thurs 11 th Feb | Ndzendze | C.S Ran |
| 8. | Fri 12 th Feb | Rontong | C.S Roontong |
| 9. | Mon 15 th Feb | Upper dzeng | I.P.S Dzeng |
| 10. | Tues 16 th Feb | Upper dzeng | G.S Dzeng |
| 11. | Weds 17 th Feb | Kifem | G.S Kifem |
| 12. | Thurs 18 th Feb | Kifem | P.S Kifem |
| 13. | Fri 19 th Feb | Tansai | G.S Kifem |
| 14. | Mon 22 nd Feb | Ndzevru | C.S Ndzevru |
| 15. | Tues 23 rd Feb | Ngendzen | G.S Ngendzen |
| 16. | Weds 24 th Feb | Ngendzen | P.S Ngendzen |
| 17. | Thurs 25 th Feb | Beshi | G.S Beshi |
| 18. | Fri 26 th Feb | Ngulum | G.SNgulum |

| | | | |
|-----|------------------------------|--------------------------|----------------------------------|
| 19. | Mon 29 th Feb | Vituvengjam | C.S Vituvengjam |
| 20. | Tues 1 st March | Mbevengven/wonzang/kuvlu | I.P.S Kuvlu |
| 21. | Weds 2 nd March | Mbevengven/wonzang/kuvlu | G.S Kuvlu |
| 22. | Thurs 3 rd March | Mbevengven/wonzang/kuvlu | C.S Kuvlu |
| 23. | Mon 14 th March | Lang - Oku | Grace Brethren Primary School |
| 24. | Tues 15 th March | Mbockevu | Government School Mbockevu |
| 25. | Weds 16 th March | Mbockevu | Catholic School Mbockevu |
| 26. | Thurs 17 th March | Ngashie | Government School Ngashie |
| 27. | Fri 18 th March | Ngashie | Presbyterian School Ngashie |
| 28. | Mon 21 st March | Nkwei | Catholic School Nkwi |
| 29. | Tues 22 nd March | Nkwei | Government School Nkwi |
| 30. | Weds 23 rd March | Ichim | Government School Ichim |
| 31. | Thurs 24 th March | Ichim | Baptist School Ichim |
| 32. | Fri 25 th March | Ichim | Government School Eblum |
| 33. | Mon 28 th March | Ichim | Government School Mbokelum |
| 34. | Tues 29 th March | Mbam | Baptist School Mbacham |
| 35. | Weds 30 th March | Mbam | Catholic School Mbam |
| 36. | Thurs 31 st March | Mbam | Government School Mbam |
| 37. | Fri 1 st April | Nwa | Catholic School Ngeptang |
| 38. | Mon 4 th April | Nwa | Government School Ngeptang |
| 39. | Tues 5 th April | Nwa | Baptist School Ngeptang |
| 40. | Weds 6 th April | Din | Government School Din |
| 41. | Thurs 7 th April | Din | Baptist School Din |

| | | | |
|-----|------------------|-------------------|---------------------------|
| 42. | Fri 8th April | Din | Government School Nkale |
| 43. | Mon 11th April | Tambveh | Government School Mbve |
| 44. | Tues 12th April | Kishiy | Government School Kishiy |
| 45. | Weds 13th April | Kishiy | Baptist School Kishiy |
| 46. | Thurs 14th April | Bajing | Catholic School Tobin |
| 47. | Fri 15th April | Tashwer/Tiyminkan | Catholic School Tiymenkan |

- A KAP (knowledge, Attitude and Practice) study was planned and carried out in three year two water projects following the recommendation of the WASH consultant from Misereor (Mr. Eckart Rainer) during his visit to Caritas Kumbo. (See Annex)
- An average of 6900 pupils in 23 primary schools throughout the Diocese have received education on the relationship between water and water borne diseases, the routes of transmission of these diseases and how to prevent them. They have also received lessons on the right way of hand washing with posters to remind them and hand washing stations to serve as practical lessons to both pupils and teachers. During these visits, the teachers are encouraged to constantly remind the pupils practically on the right way of hand washing as this is very vital in breaking the transmission chain of most diarrheal diseases. The pupils are also reminded of the various water purification methods in case of moments without pipe borne water. In this light, more emphasis is laid on SODIS (solar disinfection) which is a very effective and easy to use method of water purification.
- The communities through field visits have received training on water hygiene and sanitation. They are during this education process encouraged to maintain hygiene from the level of the catchment, tank, and stand pipes and above all at the level of homes and personal hygiene. This is taking slow pace as it has to do a lot with behavioural change and the introduction of new ideas and concepts like washing of tanks and catchments.
- The process of collection and analysis of water borne disease statistics in year two water projects is ongoing. It is however challenging as only two out of the six villages (Bongeh/Shuashua and Tambveh) have a health unit. In donga, Njimoh/SARICO, Moh and Kungi get medical attention from the Nkambe regional hospital. Their statistics are found within thousands of records of people from other areas. This and lack of ready collaboration from the hospital staff render the whole process tedious. We are

however giving it the necessary attention as the statistics are imperative in establishing the trend of water borne diseases in these communities.

- An average of 15,000 pupils in 50 primary schools throughout the Diocese have received education on the relationship between water and water borne diseases, the routes of transmission of these diseases and how to prevent them. They have also received lessons on the right way of hand washing with posters to remind them and hand washing stations to serve as practical lessons to both pupils and teachers. During these visits, the teachers are encouraged to constantly remind the pupils practically on the right way of hand washing as this is very vital in breaking the transmission chain of most diarrheal diseases. The pupils are also reminded of the various water purification methods in case of moments without pipe borne water. In this light, more emphasis is laid on SODIS (solar disinfection) which is a very effective and easy to use method of water purification.

Catchment Protection Activities

| Date (March/ April 2014) | Place | Activities | Remark |
|-----------------------------------|---------------------------|--|--|
| Mon 31 st | Mayo-Binka | <ul style="list-style-type: none"> → Analyse the state of catchment area protection, → Sort out issues that could hinder protection, → Set out strategies that would be used to protect the catchment, → Demarcate the area that has to be protected. → Drop forms in nearest health centres for collection of water borne disease statistics → Remobilise community as project execution by then was going on. → Continued sensitising on water safety measures. | <ul style="list-style-type: none"> → Nsom still had a challenge in the acquisition of the catchment area as the land lord was requesting for a large amount of money as compensation. → Apart from Nsom, Roonjong and Mbobe, the rest of the villages were at an advanced stage in acquiring the catchment area. → Those of Ngar-Buh, Nkobii, Konnchep and Mayo-Binka have already been acquired as community property. |
| Tues 1 st | Konnchep, Nimoh/SARICO | | |
| Wed 2 nd | Mbobe | | |
| Thurs 3 rd | Ngar-Buh | | |
| Mon 7 th | Roonjong/Nkobii | | |
| Tues 8 th | Nsom | | |

Program of workshop on catchment protection (setting up and management of tree nurseries for water and environmentally friendly trees.

| DAY | TIME | ACTIVITY | Lead persons |
|------------------------------------|--------|---|----------------------|
| Thursday 19 th March | 5:00pm | Arrival and checking in of participants and trainers. | Social welfare staff |
| | 7:00pm | Supper | General |
| | 8:00pm | Orientation and retire | Social welfare |
| Friday 20 th March | 5:30am | Rise | General |
| | 6:30am | Morning Prayers/Mass | Fr. Daniel |
| | 7:00am | Breakfast | General |
| | 8:00am | Input on generalities of water catchment protection | Program officer for |

| | | | |
|------------------------------------|--|--|--------------------------------------|
| | | | catchment protection, Social welfare |
| | 9:00am | Input on how to set up tree nurseries | Green Care |
| | 10:30am | Short break | General |
| | 10:45am | Input on bee keeping and the medicinal value of honey | Green Care |
| | 11:45am | Short break | General |
| | 12:00 noon | Workshop | Green Care/Social welfare staff. |
| | 01:00pm | Lunch | General |
| | 03:00pm | Plenary assembly | General |
| | 04:30pm | Input on environmental importance of natural trees and their role in water catchment protection | Green Care |
| | 05:30pm | Short break | General |
| | 05:45pm | Medicinal value of some water friendly trees and how to use them | Green Care |
| | 06:45pm | Evening prayers | General |
| | 07:00pm | Supper | General |
| | 8:30pm | Review and assessment of the day's activities | General |
| | 09:30pm | Retire | General |
| Saturday 21 st March | 5:30am | Rise | General |
| | 6:30am | Morning Prayers | |
| | 7:00am | Breakfast | General |
| | 08:00am | Departure to Green Care tree nursery site | |
| | 11:30am | Departure from nursery to field to experience a water project that has failed because catchment protection was not taken into account since the time of execution of the project | |
| | 13:30 | Return to the centre and commemoration of the world water day with a display of the team to round off the workshop | |
| | 14:30 | Lunch | |
| | 15:30 | Refund of transport and departure | |
| APRIL TO MAY | Distribution of nursery materials (seeds, watering cans, polythene bags, fencing wire and nails) to communities. | | |

Distribution of barbed wire to eight communities in October 2015

| S/N | VILLAGE | DATE |
|------------|-----------------|----------------------------|
| 1. | Kungi | Mon 12 th Oct |
| 2. | Konnchep | Tues 13 Oct |
| 3. | Mbobe/Njema | Weds 14 th Oct |
| 4. | Njimoh/SARICO | Thurs 15 th Oct |
| 5. | Mayo-Binka | Fri 16 th Oct |
| 6. | Bongeh/Shuashua | Sat 17 th Oct |
| 7. | Bamngam | Mon 19 th Oct |
| 8. | Ngar-Buh | Tues 20 th Oct |

Program for mobilization of some communities in preparation for the provision of materials for the fencing of catchment areas in February/March 2016

| S/N | Day/date | Community |
|------------|----------------------------|--------------------|
| 1. | Mon 1 st Feb | Upper-Dzeng |
| 2. | Tues 2 nd Feb | Kifem |
| 3. | Wed 3 rd Feb | Tasai |
| 4. | Thurs 4 th Feb | Ndevru |
| 5. | Fri 5 th Feb | Ngendzen |
| 6. | Sat 6 th Feb | Beshi |
| 7. | Mon 8 th Feb | Mbevengven/Wonzang |
| 8. | Tues 9 th Feb | Ngulum |
| 9. | Wed 10 th Feb | Vituvenyam |
| 10. | Thurs 11 th Feb | Ngondzen |
| 11. | Fri 12 th Feb | Kishiy |
| 12. | Sat 13 th Feb | Bajing |
| 13. | Mon 15 th Feb | Bajing/OLICC |
| 14. | Tues 16 th Feb | Tashear/Tiyminkan |
| 15. | Weds 17 th Feb | Nkobii |
| 16. | Thurs 18 th Feb | Taambve |
| 17. | Fri 19 th Feb | Vekovi |
| 18. | Sat 20 th Feb | Kintsenjam |
| 19. | Mon 22 nd Feb | Jem-Wainkar |
| 20. | Tues 23 rd Feb | Ndzendze |
| 21. | Weds 24 th Feb | Roontong |
| 22. | Thurs 25 th Feb | Nsom |
| 23. | Fri 26 th Feb | Bamngam |

| | | |
|-----|-----------------------------|----------|
| 24. | Mon 29 th Feb | Roonjong |
| 25. | Tues 1 st March | Langhe |
| 26. | Weds 2 nd March | Taron |
| 27. | Thurs 3 rd March | Tadui |

Field program for supply of fencing materials to 23 communities

| S/N | PLACE | DATE/DAY |
|-----|--------------------------|--------------------------------------|
| 1) | Ngar-Buh | Monday 11 th July 2016 |
| 2) | Bondu | Tuesday 12 th July 2016 |
| 3) | Berabe | Wednesday 13 th July 2016 |
| 4) | Njema/Bobe and Konncchep | Thursday 14 th July |
| 5) | Bamngam | Friday 15 th July |
| 6) | Beshi | Saturday 16 th July |
| 7) | Mbevngven/Wonzang/Kuvlu | Monday 18 th July |
| 8) | Ngulum and Vituvenyam | Tuesday 19 th July |
| 9) | Ngondzen | Wednesday 20 th July |
| 10) | Vekovi and Kinstenjam | Thursday 21 st July |
| 11) | Jem-Wainkar and Roontong | Friday 22 nd July |
| 12) | Tadui and Taron | Saturday 23 rd July |
| 13) | Kifem and Tasai | Monday 25 th July |
| 14) | Tasai | Tuesday 26 th July |
| 15) | Ndezru and Ngendzen | Wednesday 27 th July |
| 16) | Nwa | Thursday 28 th July |
| 17) | Nkwei | Friday 29 th July |