



Women's Health Issues— A concern in communities

Eighty seven percent (87%) of the women seen in our communities between the age of 18-65 either have not had a pap smear ever or atleast not within the last 2 years. This coincides with the dismal national statistics found within the most inaccessible, underserved sectors of Fiji.

1,339 at-risk women were seen by the PRISM team in nineteen communities around the West .

female patients between the age of 18-65 on the need for pap smears and breast exams. Funding was sought to enable PRISM Health to provide specialized women's health care in the communities. With the limited funds available the team at PRISM Health were able to counsel 1339 women from 19 communities. Each of the women had one to one counseling on women's health issues. They were also able to participate in group awareness sessions on breast examination and importance of pap tests. Those who did not have pap smears within the appropriate timeframe and age bracket were referred to the Ministry of Health.

Cervical cancer is the most common form of cancer amongst women in Fiji and accounts for nearly 14% of all female cancer deaths. According to the 2002 STEPS Survey, of the 695 cancers diagnosed in one year - 89 were cervical.

Cervical cancer is currently the leading cause of cancer. There are over 100 new cases diagnosed each year and most of these women die. That means on average, a woman in Fiji is diagnosed with cervical cancer every 3-4 days.. Although these are conservative estimates, these rates are one of the highest in the South Pacific region. They are at least 5 times higher than the US, Australia, and New Zealand.

Current pap smear screening programs in Fiji are reaching roughly only 10% of women who are susceptible to cervical cancer. Consequently survival from cervical cancer is severely compromised because pap smears are delayed or never performed. Expectedly, the cancer diagnosis is made late at an estimated average age of 50, and people typically only

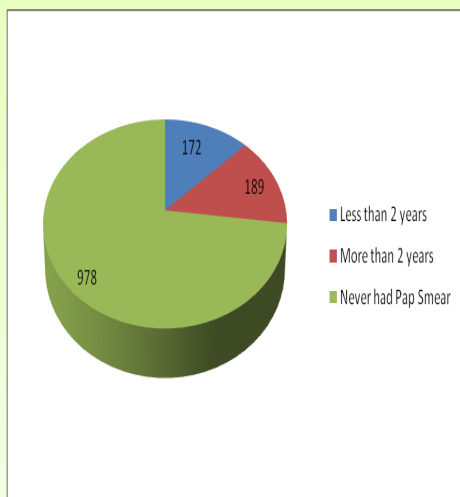


Sister Prakash explains the importance of pap tests to a group of women.

survive a startling 6 months after diagnosis. In addition, follow-up of pap smear results have become a major problem in Fiji. So many patients have died simply because they were lost to follow-up.

PRISM Health Initiative being a constant fixture within these communities for NCD management and community development, has developed a relationship with the people of these communities that is highly regarded and trusted. In future as PRISM is able to access enough resources and begins to enter the more remote parts of Fiji, with less accessibility to Ministry pap facilities, PRISM intends to perform independent women's health clinics.

We are thankful to UNFPA for a grant of \$F15,000 to conduct the pilot community awareness program. Women's health awareness program will remain a key aspect of PRISM's work as we continue NCD management in other communities around West.



Distribution of Pap findings in the 19 PRISM communities surveyed.

The PRISM Health Initiative piloted by FRIEND manages Non Communicable Diseases in the most underserved communities of Fiji. In the process of initial screening and follow-up care for NCDs, PRISM counsels

Governance in Communities

374 community members from around fifteen communities have participated in our governance program in 2010. These men, women and youths from across cultures have developed around 430 backyard gardens to help improve the availability of healthy foods for their families and communities. 137 families developed their composts as well. 63 people started their community Income Generation Programs and 25 community Action Plans were prepared and executed.

FRIEND has developed the community governance training program that looks closely at empowering each participant to dream for themselves, their families and communities and develop plans on how these could be achieved. Participants learn how to set up their gardens, composts, start their income generation programs, and plan their personal exercise programs. Participants come together as a community and plan how they could collectively bring about change in their communities.

The Youth program reached out to 700 young people with various educational programs and 3000 people saw the face theatre awareness program on Non communicable Diseases.

In 2011 we are hoping that more than 25 communities will benefit from the Governance program. YEN program and YDP programs will also try and reach out to the youths in need around the rural communities .



Disaster Management



Composting



Building a Good Society

A mere five minutes drive from the Foundation for Rural Development office in Tuvu, sits a community beside the sea where most of the occupants have traditionally relied on the vast ocean for their livelihoods.

The youths of this community have just started their Community Development Course with FRIEND.

The settlement has a population of close to 400 inhabitants. Of these there are more than 100 youths.

As the youths participated in a governance session, many realized that for them it was the first time that they had ever had a chance to vocalize their dreams for what they think their community could and should look like in the future.

The session also provided a platform for the youths to collectively discuss what they deemed important issues for their communities and prioritizing them for their actions plans.

The Youth Governance Program includes sessions on Active Citizenship, Community Governance and Disaster Management amongst others to inspire and empower youths to take active roles in their communities.

By Jone Nawaikula



Ladies Take Initiative to Clean Up their Community Jetty

It is through the Foundation for Rural Development that the ladies in my community are learning a lot through the ongoing workshops on Community Governance which we started in October 2010. One of the modules of the workshop was to identify a specific issue the community faced and an action plan to solve the same. So we decided on how to dispose rubbish properly. Although our community is generally kept quite

clean by the residents, but some rubbish is carelessly thrown near the sea shore. This has been an eye sore. As a group we decided we wanted to keep the sea and the roads of in our area free from litter at all times.

To implement the litter free area campaign, we realised that first we will have to clean up whatever rubbish had been lying around the place.

We arranged for recycled bags from Waste Recyclers (Fiji) Ltd and they supplied the bags free. These bags have been placed at a central location where the used tins, plastic bottles and plastic bags etc are being placed separately. A circular informing the residents, on how to dispose the recycled items has been given to all the households in the area and they have been requested to follow and do the right thing.

Our group did the actual clean up on December 15, 2010, of the seaside area where a mini garbage dump was also created. We got support from a number of children who were on their school breaks. A large number of ladies also turned up to help. The area is now very clean and our group will continue to monitor and ensure that the area concerned and the surroundings are clean and beautiful from now onwards.

This is the first time that the ladies of the community have gotten together to do something like this for our area and we all feel very empowered through this action. We are also able to demonstrate to our children of how we would like the community to work together for development.

The ladies look forward to their weekly training sessions with FRIEND facilitators. Everyone arrives on time and take inspiration from one another in getting the practical's completed. We are truly hopeful that the learnings of the workshop are implemented by us all even after the finish of the program so that we can make our community a place where everyone is happy and healthy.

Our team is looking forward to our graduation, as we expect to finish all the prescribed modules of the program by early March 2011.

By A Raj, Drasa

HOW FRIEND HAS MADE A DIFFERENCE IN MY LIFE — by a 21 Year Old.



My name is Vasemaca. I live in a village not far from Lautoka City. I could not finish my secondary education and had to leave school after my parents passed away a few years back. I used to dream big but after I left school I gave up on my dreams as I could not see a way to fulfill them.

My family consists of 9 people. Out of 9 people, only 3 are working. Two are laborers and one is a dock worker, with only \$50.00 per week as wages. Survival was hard.

But then FRIEND came along. And I realized my prayers were answered as with the help of FRIEND I realized that I have the power to make changes and make my life productive. While attending this program, there was so much to learn. Every thing we learnt, including staying in a healthy environment and living a hygienic life, eating fresh vegetables and doing a lot of exercises was fascinating.

FRIEND encouraged me to help my family to live a healthy life and consider eating healthy meals to prevent lifestyle diseases like diabetes and blood pressure.

The Foundation for Rural Development also helped me to gain more knowledge on running a small business. This was something I had always wanted to do.

FRIEND has made me an independent person instead of depending on others.

The Foundation for Rural Development has built up my confidence to share my ideas and views with my peers, and made me a strong person.

When I practice what I have learnt from FRIEND like backyard gardening and compost, I find support from my family and neighbors. This support is emotionally touching.

FRIEND has changed the life of my family, neighbors and community as a whole to love one another and work together.

Last but not the least FRIEND has made me realize my own talent. The Foundation for Rural Development has showed that we all have a different strengths and when we make good use of it and giving it our best.

Vasemaca was one of the winners of FRIEND Essay Competition held during DESI Conference 2010

Reflections of the Year from Labasa

FRIEND Labasa has a tall order to work in the Macuata province which has the second highest incidence of poverty in the country. Poor road conditions and communities far apart in the rural areas make it a challenging task to reach out to the under served however our mission is very clear— working towards poverty alleviation through social and economic empowerment.

Over the year we have reached to many farming communities trying to provide support for alternative cash crops. With generosity from CDP courier services we have been sending cash crops to Viti Levu for packaging and marketing. These include sweets from Labasa, peanuts, urid dhal, dried fruits and desiccated coconut. The team Labasa has also started its seedling bank .



Governance training program has been conducted in five communities. Participants from these communities have been engaged in fruit tree planting campaign in an effort to increase food security in their communities. The youths program outreach over the year has included Youth Consultations, Youth Employment Network and a clean up campaign.

The team is ready to take governance programs to eight new communities as the income generation programs is taken to new heights in 2011.



Tamsin Lyons

A long way away from home - A Volunteer from 2 Way Development, UK

I joined FRIEND as a volunteer just over two months ago after discovering the type of work being conducted and how important it was to the communities they touch. Being someone who has never even visited a Pacific Island, let alone lived on one, the culture shock is huge! However, the staff of FRIEND have extended the same generosity and hospitality to me as they offer to everyone they touch; I have learned so much about life in Fiji...even getting dressed up for Diwali a week after arriving. In just this short time I have been both inspired and challenged to pursue the FRIEND vision of alleviating poverty. I have had to question myself and look at my true values and aspirations; ask whether I am really able to contribute to this goal. My answer came when I was asked what I was doing in Fiji and from somewhere a seemingly fluent speech came out about FRIEND and all the different programs, how they operate, what they do, why they do it...and no, FRIEND isn't just a chutney and pickle manufacturer. The more I learn, the more I feel part of a family here and I look forward to spending six more months working together and experiencing the real Fiji. The place I now call home.



Grilled Chicken/ Pineapple/ Plantain on skewers

On eight 10-inch skewers, thread chicken, pineapple and plantains, alternating ingredients. Set skewers on a tray with sides or in a glass baking dish.

In small bowl, stir together pineapple juice, lime juice and garlic cloves. Pour pineapple juice mixture over skewers, turning to coat all sides thoroughly.

Cover with plastic wrap and refrigerate for at least 30 minutes, and up to 24 hours, turning skewers occasionally.

Before cooking chicken, prepare pineapple sauce.

Prepare grill.

When coals are hot, lift skewers out of marinade and brush lightly with vegetable oil.

Grill over medium-hot coals for about 20 minutes, turning often.

Stir remaining marinade into sauce.

Boil sauce over hot stove, stirring often, for 4 minutes.

Serve skewers hot, passing Pineapple Dipping Sauce separately.

Pineapple Dipping Sauce: In medium bowl, stir together 2 teaspoons vegetable oil; 1 large onion, minced; 1 10-ounce jar of pineapple fruit spread and remaining marinade. Boil before serving.

In Search of a Rainbow...

"Everyone knows what a rainbow is right?" Today's journey is a journey to the Rainbow and hopefully for each one of you, to at least find that pot of gold at the end of the Rainbow. This was the introduction Ashok Lingam gave before we began the session on Hyper-drive to the Rainbow. The Hyper-drive concept was that the journey is faster than the speed of light and goes thru any obstacle like it was non-existent. There were many activities involved, from self reflection, confidence building to team work. I guess for me, the toughest activity was the physical ones. 10 minutes of wriggling on spot seemed like a lifetime.

I personally liked the day because not only was it the first of its kind for me but I had begun to understand what Ashok was trying



to portray during the exercises, what the values of the organization were and what it meant especially to me. We also need to appreciate others weaknesses and lend support whenever possible. We all have our strengths and our weaknesses and it is vital that we recognize and understand them. I know I am a TEAM player and this is one of the strongest points of my character.

FRIEND Staff underwent a retreat activity with an external trainer to round up the year. Basil shares his thoughts of the day

FRIEND PICNIC 2010

*"It is a time of joy and happiness.
A time of feasting, gifting and sharing.
A time of getting together with families,
friends or co-workers as such we
are having today.*

*Importantly it is time Christians celebrate
the birth of our Lord Jesus Christ.*

*We will light lights or candles in our
homes to signify this Lord of lights.*

*We send seasonal greetings to anybody,
anywhere.*

*It is a time we always look forward to
when the year is ending.*

*May we all have a blessed Christmas
and a prosperous new year."*

It was with these words from Sister Sai of PRISM Health Initiative that the Foundation for Rural Development staff kicked off a fun filled day with their families at the Saweni Beach on 11th of December.

For me, personally it was time to relax with my colleagues who had toiled hard through an eventful and memorable year at FRIEND.

A major achievement for FRIEND has been our move from our office in Lautoka to Tuvu, a base of our own—a task which in itself was daunting at the mere thought if it then.

We have also seen a growth in staff numbers as the organization grows in its efforts to reach out to the underserved and the marginalized.

As 2010 winds down, the picnic gave us a chance to recharge ourselves for the upcoming and an even more exciting year ahead.

By Kunal
Sharma



Nileshni

Ranjini

Priya

Highlights of 2010...



Community Governance Manual Launch at
USP—March



Moving to our new home
July



PRISM Health Initiative taken into communities
following successful piloting—February



Official Opening of Tuvu—August



Community Field Visit by stakeholders
October



DESI & AGM 2010 @ Tuvu
October



8 Years Old August 2010



Vehicles handover by AUSAID August

We wish to extend a hearty thank you to all our friends and supporters for the assistance in our poverty alleviation efforts throughout the year. Looking forward to continued blessings in the new year.