EDITORIAL

We are warmly welcome you on HELP-O June Newsletter & expected to share many different experiences of HELP-O activities in various sectors. Environmental protection & management is one of the main working areas of the organization & it has demonstrated by new projects in everywhere.

In this month HELP-O launched Home Garden cultivation program with the support of FAO. This is tremendous program to build a fertile cultivation. We need to encourage step by step the people for planting & organic cultivation and to find a sustainable solution for malnutrition in many areas. The program implements with Department of Agriculture in Southern Province.

HELP-O got great opportunities to participate many different programmes within this month. First one is to participate to the HIV/AIDS program. It was very important program got knowledge to expand community awareness. Other one is doctors training program in Southern Province Ayurvedic Department.

Housing & Livelihood Development Women’s Co-operative Society (HOLDE Women’s Co-op) are organizing many new activities to community empowerment. Communities leaders were participating for many activities and encourage try to develop their future plans.

We appreciate your valuable ideas & comments on our effort of sharing HELP-O experiences. We believe that our readers are the most valuable guiders of our future.
General NGO’s TOT (work shop) GFATM (Round 9) MSM Project

On 21st -25th May 2012 HELP-O got a to great opportunity to participate the 5 days residential Trainer of Trainer (TOT) work shop at Nagarodaya Center Colombo 08. This valuable workshop resource & Responsible person is the FPA GFATM Team. For this programme many general NGO’s have take part & representation whole over the country. Ms Thushara Agus who is the executive director FPA Sri Lanka warmly welcome the participants & Dr Nirmal Edirisinghe –Director of NSACP & Dr Harishchandra Yakandawela –Project Manager of GFATM introduction of participants & Logistics. The main goals & objectives of the training is HIV /ADIS prevention project for MSM (Men who have sex with men) component under Global Fund.

HIV /ADIS are type of sexually transmitted virus. In the United States there are over 1 million documented cases of HIV, and over 80 percent of those cases were caused by unprotected sex. HIV is a difficult virus to treat due to the fact that the virus will mutate in each body and look different from one person to another. The virus will work its way into the body and start killing immune system cells. Once enough cells have died, AIDS will develop. AIDS is associated with a host of infections and cancers that the body becomes susceptible to once the immune system is weakened. Anti-viral therapy has helped to extend the quality of life for infected individuals.

The best way to prevent this disease is to use safe sex precautions all the time. Sri Lanka continues to have very low HIV prevalence. In low prevalence settings, the focus of HIV prevention programs should be the most-at-risk populations. From that HIV became a most critical problem for whole over the world. The main factor is Sri Lanka's significantly low HIV/AIDS prevalence rate (less than 0.1) which is one of the lowest in the entire world for a long time. The main objective are getting zero for new HIV infection and increase the percentage of condom users. This is an also health service project.

In that training we have to participate 08 sections and we have to get lots of ideas about the HIV situation. The 1st section is introduction about main purpose of the training and we have to know about the Main HIV key risk factors by Dr Sriyakanthi Benaragama-consultant Epidemiologist NSCAP. These are the following risk factors given below.

- Men who have sex with men (MSM)
- Female Sex workers(FSW)
- Drug users
- Beach Boys
- Infected HIV Mother to child
Among those risk factors MSM are the most risky persons. The 2nd sections explain about the Human sexuality behavioral identities of MSM & gender identities by Dr Geethani Samara-weera MO, NSCAP. Dr Jayadari Ranathunge consultant Venereologists from Ragama Hospital explain about sexually transmitted infections. Among them syphilis, gonorrhea, and warts are the most dangers and harmful sexual diseases. Dr. Mahesh Rathnayake consultant Venereologists from Negambo Hospital describe about the HIV/ADIS.

In 4th section Dr. Dayanath Ranathunga gave a significant idea about the cultural & social expectations of men & sexual behaviors. End of the 4th section Ms Lakmali & Mr Dilshan Hettiarachchi from Equal Ground given a special lecture with a group activity about homophobia: Stigma and its effects.

In 5th section we have to know about implementation of sexual health package for MSM. Dr.Harishchandra Yakandawela explains about common sexual practices of body mapping, condom and lubricant use with lots of activities. Furthermore we have to get idea about peer education methods for communication sensitive topics and risk assessment & counseling on safe sex practices. On the last 02 section we have to indicate about understanding sexual behaviors of MSM, working with MSM in community level and get an idea about mental health. End of the training program have to know about monitoring & evaluation.

As a NGO, HELP-O got a great chance to expand our service for community and can given awareness about the how to prevent like that death full diseases and how to live with their partners with regular life style. There for we can have to do more service to the community as well as possible.
HELPO Eco Green Company could implement eco-friendly biogas system within Gampola hospital & market place with the capacity of 22m3. Among that, Gamopla hospital biogas plant is very much important to solve number of environmental problems within the hospital. Through this program hospital is getting great benefits of economic, environmental, social & physical.

HELPO Eco Green Company had a visit to the site & conduct awareness programme related to the maintenance & management of this biogas unit in Gampola hospital on last 15th June 2012 for hospital staff. Managing Director of HELPO Mr. Chathura Welivitiya explain about the importance of this type of environment friendly mechanism for hospital or any other place to solve the waste problem which we have seen everywhere.

He presented real situation of waste problem in the country with updated data & information. Then he explained that the root cause of this waste problem is open dumping without separation in to several categories. If we have a regular way to sort out the waste in to different categories it will create more money without waste become a waste for life time.

After that he try to give idea about the proper management of biogas plant with power point presentation by showing lot of experiences from other places & how to dump organic waste, water mixing ratios, how to measure gas level, biogas usage in national and international level in different fields etc.

This awareness programme was a good impression for all the participants to learn what we need to do for the betterment of our future generations by having satisfaction of available resources at present. Most important thing is all are aware about the biogas technology as one of the sustainable solution for the waste management with multiple benefits.
ON SITE FIELD VISIT OF FOOD & AGRICULTURE ORGANIZATION (FAO)

With the collaboration of Food & Agricultural Organization of UN, HELP-O implement a community home garden & livelihood development program to provide nutrition food availability among the poor community specially. We have selected our HOLDE Women’s Co-Operative members of ground level establishment as beneficiaries to promote this program among the community.

Under this program we have completed some home garden activities & awareness programs for them. The home garden practical programs for Malawanna & Thotagamuwa areas were completed with the assistance of department of Agriculture & the contribution of members of HOLDE Women’s Co-Op.

During the last 18th June the coordinators from Food & Agriculture Organization (FAO) visited our organization for on site visit of our program. They could participate for our home garden equipment distribution program as well as it was nice opportunity for our community to share their ideas with FAO representatives. Our paltry farms, prawn cultivation & community home gardens were visited by them during this visit.

The country assistant representative of FAO Dr. D. S. P. Kuroppuarachchi express his idea of important of implementing these type of ground level activities to provide the great support for the poor community. Also he encourages the community to start newly livelihood development activities which are much familiar with their life styles. The project coordinator of FAO Mr Nalin Munasinghe was explaining the need of implementing sustainable community driven programs which will support to enhance the community living standard.
GREAT OPPORTUNITY TO TAKE PART “SOBA” EXHIBITION

World Environmental Day celebration national festival was held in Royal College-Colombo on 05th & 06th of June 2012. It was organized by Central Environmental Authority- Sri Lanka with the name of “SOBA”. Various student of the country could take experiences through this exhibition. “SOBA” was very important as well as very meaningful program both local and foreign people.

HELP-O is proud to have this great opportunity, to participate for the stall of bio gas under the energy initiative, to exchange our ideas with national and international sectors. There were 35 stall and more than 3 million people have visited exhibition. We exhibit a model domestic bio gas unit and we have planned to generate the bio gas from the model. We had this chance because of the great contribution of giving sustainable solid waste management through bio gas program.

We could able to get more requests to construct and we hope to aware the people about effective of the bio gas and its benefits too. We would be able to expand biogas program through exhibition with more people consideration.
TRAINING PROGRAM FOR COMMUNITY MEDICAL OFFICERS IN AYURWEDIC DEPARTMENT

Southern province Ayurvedic Department invited to HELP-O to conduct a training programme for Ayurvedic doctors in southern province. This program organized by Provincial Ayurvedic Department of Southern Province at Ayurvedic Department auditorium on 11th May 2012 and it conducted by HELP-O chairman Mr.Chathura Welivitiya. Training programme was highly focused on “project planning”

He introduced the project with practical examples & what is the project, how can create project proposal and monitoring. Then, he explained about project planning, logical framework & problem tree involvement to problem & root cause identification. Then, he gives idea about the project components such as project objective, goal, output and input. This training program was very important and valuable for them to create new methods to ensure the Ayurweda methods among the public to success their life style.

GRAND OPPORTUNITY TO PARTICIPATE IN “ENVIRONMENT ROAD SHOW”

Ceylon Tobacco Company has organized environment road show on 8th June 2012 to celebrate World Environment Day & they have invited to the HELP-O Eco Green Company to participate for this event. Aim of this one day exhibition to introduce environment friendly products and services for the benefit of its employees with the objective of raining awareness on environment.

It was a good opportunity for employees to gain awareness on how biodegradable waste can be converted into a value added product. HELP-O is also proud to be a part of the exhibition as an environmental conservation organization in Sri Lanka.
ECO-FRIENDLY GREEN STEPS OF EVERGREEN TEA FACTORY

We have many times discussed about the evergreen tea factory within our monthly newsletter in different ways, how they involved with the biogas programme. Today we are going to write about evergreen tea factory waste management mechanism with their own ideas of factory managers & workers.

Evergreen tea factory could identify HELPO Eco Green Company through Western Province Council & they were find a sustainable solution for their waste problem within tea factory to maintain the conditions for eco friendly standards as one of the top level tea processing factories in Sri Lanka. HELPO Eco Green Company could introduce total solution for waste management with biogas technology.

There was a special discussion about the total solution for waste problem with factory managers and factory labours.

**Reporter:** We would like to know about the history of Evergreen Tea Factory?

**Factory Manager (Mr. Indika Nallaperuma):** Yes. We started this factory in 1985. We have 07 tea factories located in different places in Sri Lanka with different capacities. We could get many awards & certificates such as, ISO 22000 Certificate, HSCC Certificate, “Tea Tharu” awarded by Council of Tea in Sri Lanka etc. Also, we hope to win environment benevolent certificate and our intention is to be best tea producer with high quality & best prices for tea.
Production Manager (Mr. Lasantha Alwis): We are trying to produce best quality tea product for our customer’s satisfaction & in that process we need to have sustainable waste management strategy. To protect the health condition of the workers & customers we give highest priority for the clean & environment friendly environment. That’s why we find a solution with biogas technology under the consultation of HELP-O Eco Green Company. Biogas plant helps us to take more benefits such as biogas for cooking, organic fertilizer & methane emission reduction etc.

Reporter: What are the most important benefits of biogas plant for your tea factory?

Quality Controller (Mr. Hasan Kumara): Through this biogas plant we could get biogas for kitchen in tea factory for cooking purpose. It helps to reduce the monthly LP Gas cost. In addition to that output of the biogas plant can use for organic cultivation & increase the harvest. Therefore we are no need to buy vegetable from market for cooking & important thing is these vegetables are free of agro chemicals.

Reporter: As a labour in this factory what you have to say about the new waste management strategy & how it supports your works?

Cleaning Labour: I’m a labour in this tea factory at the beginning & we never have a good solution for waste management. Time to time we apply several methods. But this time we saw the difference of this effective method with number of benefits. Now our factory is very clean & clear. We can’t see fly and mosquitoes around us. These all benefits we got through the biogas plant & we must thank for HELPO Eco Green Ltd as consultant of this system.
LOANS PROGRAMME FOR HOLDE WOMEN’S CO-OP MEMBERS

HOLDE Women’s Co-op was launching the loan programme after the conversion of Peoples moment into co-operative society in last few months. Major expectations of the loan programme are develop the saving ability of members, upgrade the livelihood conditions of members & infrastructure facilities development.

Few branches selected for the loan programme & they are China Garden, Malawenna and Walawwattha located in Galle district. Among these branches, 04 members from China Garden to distribute Rs.1,85,000.00/21 members from Malawenna to distribute Rs.2,10,000.00/11 members from Walawattha to distribute Rs.3,10,000.00 were selected.

This loan programme will helps to develop the existing self employment start new self employment & to build a house. This programme will conduct continuously to facilitate for the Co-operative member to upgrade their lives.

UNITY OF COMMUNITY FOR THOTAGAMUWA “KADALA” DANSAL

Thotagamuwa Women’s Co-Operative is one of the main people’s movement branches in our HOLDE Women’s Co-Operative & they are organizing different community activities in time to time.

During the last Poson season they organized one activity of Kadala Dansal(it means free food for devotees) with the contribution of all members of Thotagamuwa HOLDE Women’s Co-Op. All the members contribute much as per their capacity to make the program success. This was appreciated by all other villages as well as other people because this is one of the best examples to show their team work & the positive impact of their unity.
ACCOUNTING TRAINING WORKSHOP FOR THE PILOT GROUP MEMBERS IN HOLDE WOMEN’S CO-OP

HOLDE Women’s Co-op was held an accounting training program on 19th & 20th of June 2012 in Galle district cooperative auditorium to their pilot group members to improve their accounting system in to regular system. First of all, Chairman of the HOLDE Women’s Co-Op Mrs. K.Chandralatha welcomes all participants for the programme.

For that event we had invited to Mr Ashoka Siriwardana the secretary - Ministry of fisheries, cultural affairs, food supply & distribution, trade, and co-operative development, Mr.L.K.Ariyarathne the commissioner of the co-operative development and Mrs. J.S.K Amitha the Deputy Commissioner of the co-operative development. All the inviters were lighted the oil lamp & worship.

Thereafter Mr.Cthathura Welivitiya chairman of the HELP-O was described about the main objective of that accounting training program. Especially he explained we must have a correct accounting system for our future every programme. Many branch members were participated that workshop by representing Walawwaththa, Chinagrden, Athhtiligoda, Thotagamuwa, Kaduruduwa, Malawenna & Kalupe.

The resource persons were the Mr. Sarath Sumanasiri District co-operative development officer & Mr. Wimal Darmasiri provincial co-operative development officer. In their lecture they tried to explain the simply accounting methods one by one.

According to their lecture members had to learnt about double entry system, journal entry, cash book, bank reconciliation and more with lots of exercise. End of the last day members have to correct idea about the accounting system and they decided to organize the 02nd training workshop in future. At last the secretaries of HOLDE Women’s Co-op Ms.Ayoma Thennakoon thanks to all for the participation to the programme.
SUCCESSFUL WOMEN OF THOTAGAMUWA HOLDE WOMEN’S CO-OP

Nilupa Shamali is a mother of two children & she tries to leans the life by getting the advantage of her own ability. She is good in sewing works & she started her own business in her home with the aim to provide good education for her children. One of our reporters had a discussion about herself.

**Reporter:** How you engage with this HOLDE women’s Co-Operative system?

**Niluka:** During the Tsunami season I was totally destroyed by the sea wave & I was totally disappointed by that disaster. Gradually my physical situation was change after involving of different physiological programs & at that time I could get a sewing machine from HELP-O. Getting strength from everything I decided to start my own sewing business by using my own ability in development works.

**Reporter:** How is your present economical situation? How this Co-Operative system involved for your works?

**Niluka:** I became the member of this Thotagamuwa Women’s Co-Op on the beginning time of the branch & I got different type of assistance up to now. Already I have Rs.8,000.00 in my savings book & I could get credit facility of Rs.20,000.00 to develop my business. Not only credit facility but also I could get much other assistance after engage with this Women’s Co-Operative. My group members are always with me in case of any emergency & that is the big strength for me. When I have much work in my shop they always come to me with helping hands.

**Reporter:** What kind of message you would like to give for all other women of this society?

**Niluka:** When we gather for our group meetings we discussed the financial matters as well as our member’s needs as one family. This friendly gathering always helps to increase the mutual understanding among our members by listening to others voice & to assist their members in their needs.

I think this type of assistance need for every society to fight against the poverty specially. Like me many of our members got assistance from our HOLDE Women’s Co-Operative & all of us now working together to get sustains our selves together.
EXPERIENCES FROM BALAVIKASA TRAINING PROGRAMME

Bala Vikasa Social Service Society is a registered, non-profit, non-governmental community development organization, based at Warangal, Andhra Pradesh; India. People Development Training Center (PDTC) was initiated with an objective of sharing knowledge and experience of Bala Vikasa, in „Community Development”, to the likeminded NGOs, Individuals and Institutions through need based capacity building activities.

Bala Vikasa PDTC has designed a number of training modules basing them on its own grass root experience and keeping them relevant to the needs of the development sector. The objective of training programs is mainly to provide knowledge, impart skills and change attitudes of the agents of change towards development. HELP-O works as Sri Lankan representative for this programme & gave opportunity to participate for many people for the training programme in continuously. We try to share the experience of them.

Ms. Ayoma Thennakoon – Field Manager, HELP-O participated for the Bala Vikasa Training Programme in year 2010 & programme was conduct under the topic of “Community Driven Development”. She would like to thank for the HELP-O to give that opportunity to participate this training programme. She will share the experiences with us.

I have participated for the 01 month training programme & it was a more important training programme for every event in my life. Basically this training programme was mainly focus on sustainable development in every sector. Under that topic they discussed about the impact of culture for the development & how the culture is can change the different situation in different societies.

ABCD approach is the most important component what we have discussed through the training programme. In addition to that particular lesson was about NLP (Neuro-linguistic programming) & how can use the mind stability for the problem solving. Personality development needs to use for the community empowerment & community leader always need to be a good team player in every time.

As a strategy, social mapping is good technique which can use to rural development with the contribution of people. We have learned about the communication tools which are most suitable to link the people for their development. They have done a special subject component related to the environment management. Under that they talk about the environment & pollution control as a major topic.

Related to my subject area it was more helpful to get well comprehensive knowledge for managing the NGO activities as a collective work. In addition to that it was a good tool to study the way of managing foreign NGO’s within their countries. Through this training I learned many new concepts & subject matters much valuable for our life. Among that all the concepts are more valuable as a field officer to communicate with people.
COMING NEWS

EVALUATION FOR EARTH CARE AWARD-2012

The Earth Care Awards is unique and is aimed at highlighting action of direct relevance to India to tackle challenges posed by climate change. The award is for excellence in climate change mitigation and adaptation.

This is in response to the recently growing consciousness about issues associated with climate change and that it is important to identify and foster locally evolved options to reduce emissions, approaches to protect land and water resources and other innovations for reducing impacts, emphasizing appropriate environmental action. Evaluation team will visit to HELP-O to evaluate for this award.

CITYNET’S 25 ANNIVERSARY

This month marks the final preparation for the CITYNET's 25 anniversary to be held in Surabaya, from 9 to 12 July 2012. Members and partners are expected to join the celebration and together renew their commitment and co-operation to work towards sustainable urban development in the Asia-Pacific region.

CITYNET's mission of creating socially just, ecologically sustainable, politically participatory and economically productive cities will continue with the same vigor and enthusiasm it has for the last 25 years. They look forward to your active participation in the celebrations.

WE ARE WELCOME YOUR COMMENTS & SUGGETION ..........

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