



NECDO

JANUARY 2024

NEWSLETTER



REPORTS

1. NECDO's UCSS Project Supported by WFP Report for January 2024 of Maidan Wardak Province
2. Threats of Hope (Tailoring & Literacy) Project for 40 Vulnerable Females Progress in January 2024.
3. NECDO'S PSYCHOSOCIAL (PSYCHOSOCIAL & PHYSICAL HEALTH) PROJECT CONTINUES IN JANUARY 2024.
4. NECDO RELIEF PROGRAM JANUARY 2024.



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We are thrilled to provide an update on the latest activities conducted by the Noor Educational and Capacity Development Organization (NECDO) in the month of January 2024.



NECDO's UCSS Project Supported by WFP Report for January 2024 of Maidan Wardak Province

The Conditional & Unconditional Seasonal Support Project (AF01-2183) is a one-year initiative funded by the World Food Program (WFP) and implemented by NECDO. The project targets vulnerable families in Maidan Wardak province affected by poverty, widows, disabilities, orphans, and natural disasters, with 15% of beneficiaries receiving conditional assistance for work.

Objectives:

The project aims to identify, locate, and verify vulnerable families, provide support, and ensure effective distribution. By fulfilling these objectives, the project aims to alleviate suffering in Maidan Wardak province.

Beneficiary Overview:

Poverty in Afghanistan continues to persist, with levels increasing day by day. Beneficiaries expressed dissatisfaction with aid from the World Food Organization, leading to various criticisms and requests for more beneficiaries and increased assistance levels.

Household Details:

Total beneficiaries: 14,210

- Male: 12,796 - Female: 1,414 - Disability: 485

Selection Process:

Meetings were held with stakeholders to explain WFP selection criteria. Focal points in each district identified vulnerable families, who were then surveyed and verified by NECDO teams. Data was recorded in ODK & MODA Applications, and families attended a registration program for data entry.

Distribution:

The project started in Maidan Shahar and expanded to Nerkh, Jalriz, Said Abad, and Chak districts. 700 families were surveyed daily, totaling 17,600 households, with 14,210 families verified, selected, and scoped for assistance. Cash assistance was provided to families in Maidan Shahar, Jalriz, and Said Abad, while food assistance was distributed in Nerkh and Chak districts in December.

Payment Mechanism:

WFP, Afghan Sharq, and NECDO collaborate to utilize an M-pose machine for secure and convenient cash payments to beneficiaries, ensuring a streamlined process.

Amount of Assistance:

A total of 26,272,000 AFN in cash was distributed, with food distribution mechanisms implemented by NECDO. Beneficiaries received items such as wheat flour, vegetable oil, split peas, salt, LNS, and WSB.



Threats of Hope (Tailoring & Literacy) Project for 40 Vulnerable Females Progress in January 2024

We are pleased to share the progress of the Threads of Hope (ToH) Tailoring & Literacy Project in our January 2024 newsletter.

Project Summary:

The Threads of Hope Project aims to provide literacy and tailoring skills training for 40 women who have been deprived of education. The goal is to empower these women with the skills and knowledge to start their own businesses and become self-reliant. The project also includes trainings on psychosocial and physical health, women empowerment, and women's rights. We are proud to report that throughout January, both trainers and participants consistently attended classes and engaged actively in the program. Trainers effectively taught the curriculum, and discussions on important topics such as domestic violence were carried out to raise awareness among the participants.

Challenges & Solutions:

During the women's rights class in mid-January, we faced a challenge in finding a guest speaker to discuss the sensitive topic of domestic violence. Many potential speakers declined due to concerns about their safety. However, our project manager, Maryam Hussaini, stepped in and delivered a comprehensive session on domestic violence, successfully raising awareness among participants. This solution ensured that the topic was addressed effectively despite the initial challenges.

Achievements of the Project:

Through the trainings provided in the Threads of Hope Project, the women participants have been gaining valuable skills in literacy, tailoring, health awareness, and women's rights. These skills not only empower the women to start their own businesses but also enable them to advocate for themselves and others in their communities. The project is making a significant impact in equipping these women with the tools they need to lead independent and informed lives.

We appreciate your continued support and look forward to sharing more updates on the progress of the Threads of Hope Project in the coming months.



Progress of the Tailoring & Literacy Project:

In January 2024, NECDO continued with the Threads of Hope project which equips vulnerable women with literacy education and tailoring skills. In December 2023, we successfully conducted trainings on women's health and women's rights, providing valuable information on hygiene, reproductive health, and preventive healthcare measures. The trainings were designed to empower participants with knowledge and the ability to assert their rights. Through this initiative, we aim to promote gender equality and prioritize the well-being of our participants. In the coming months, we plan to continue empowering these women with future trainings on financial literacy and entrepreneurship, while providing invaluable follow-up support.

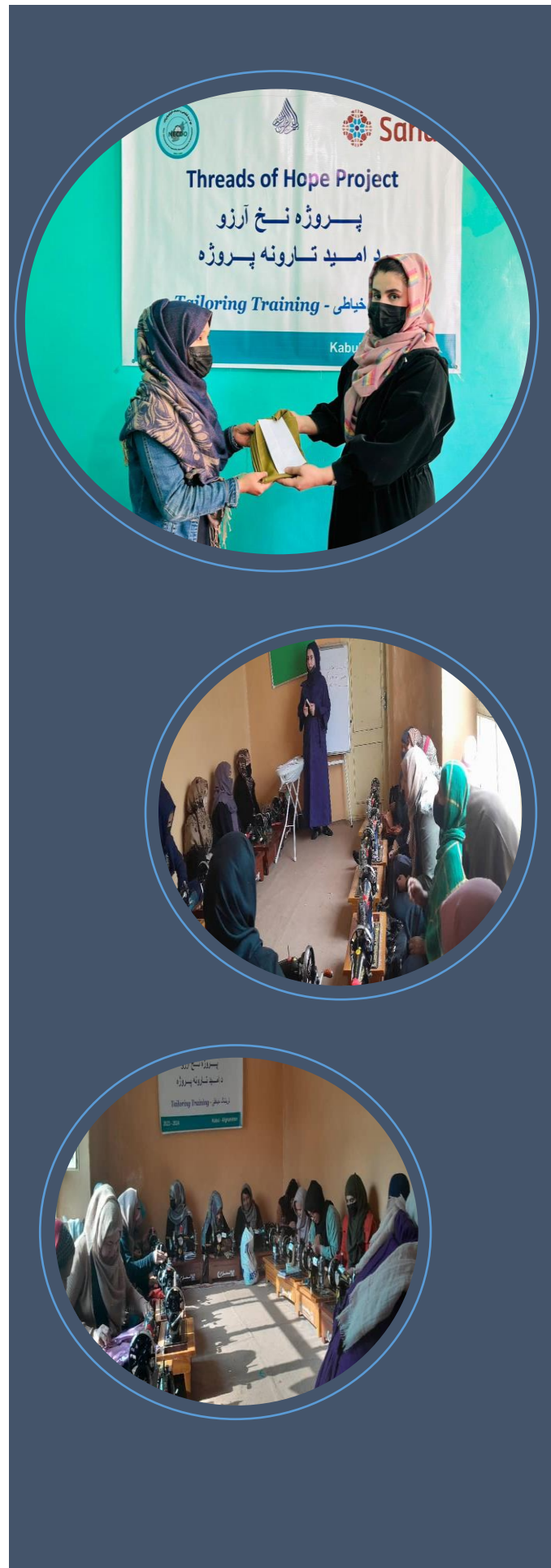
Psychosocial Support:

NECDO's Tailoring & Literacy project is committed to the well-being of its participants. As part of this initiative, we offer individual psychosocial consultations with trained professionals to address any mental health concerns. In addition, after-class support sessions are available for participants to engage with trainers and seek further assistance as needed. Our aim is to empower these women with the tools to improve their overall well-being.

Looking Ahead:

As we enter into the remaining months of the project at full speed, NECDO remains committed to providing comprehensive and empowering initiatives for our participants. Our continued goal is to refine their tailoring skills, deepen their literacy education, and offer essential support to help them lead healthier, more self-reliant lives.

We would like to express our sincere gratitude to SAHAR EDUCATION for their generous support and donations. This partnership has enabled us to create lasting impact, transforming the lives of vulnerable women in the community. We look forward to continuing our association in future initiatives.



NECDO'S PSYCHOSOCIAL (PSYCHOSOCIAL & PHYSICAL HEALTH) PROJECT CONTINUES IN JANUARY 2024

Summary

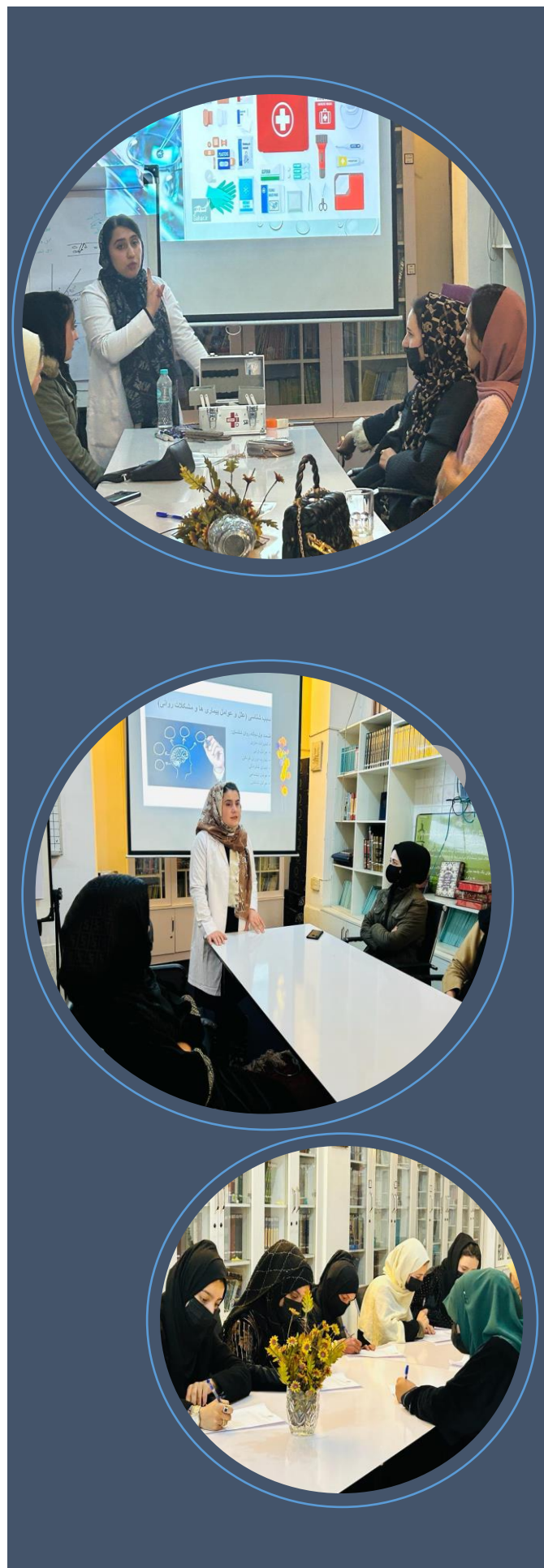
In January 2024, NECDO conducted various training sessions focusing on both psychosocial and physical health topics. The sessions covered issues such as stress, anxiety, depression, menstrual hygiene, pregnancy, first aid, and more. Participants were able to express their concerns and receive practical solutions to address their problems. The month of January 2024 saw the continue of successful implementation of NECDO's Psychosocial Project, with a focus on mental health and physical health training sessions for women. The project aimed to address various psychological and physical health issues faced by the participants and provide them with the necessary guidance and support to improve their overall well-being.

Key Highlights:

- A total of 30 women participated in the training sessions held on January 24th, 25th, 30th, and 31st at NECDO. The participants shared their personal experiences and expressed psychological and physical health concerns.
- The psychosocial training sessions on mental health covered topics such as stress, anxiety, depression, loneliness, restlessness, and concentration issues. Practical solutions and recommendations were provided to help the participants address their problems effectively.
- The physical health training sessions focused on menstrual hygiene, pregnancy care, first aid, vaccination, and maintaining overall physical well-being. The participants engaged in discussions and practical exercises to enhance their knowledge and skills in these areas.
- Participants shared personal stories and experiences, highlighting the impact of the training sessions on their lives. From overcoming psychological challenges to addressing physical health issues, the participants experienced positive changes and learned valuable techniques for maintaining their well-being.

Main Problems mentioned by the Participants:

Participants highlighted issues such as isolation, loneliness, restlessness, difficulty concentrating, fatigue, insomnia, and more. These problems were affecting their daily lives and mental well-being.



Psychosocial & Physical Health Trainers' Advises:

Trainers provided practical solutions such as building relationships, avoiding multitasking, exercise routines, creating daily schedules, relaxation techniques, and more. These solutions aimed to alleviate the participants' problems and improve their overall well-being. For mental health concerns such as loneliness and restlessness, participants were advised to engage in social activities, avoid multitasking, share feelings with loved ones, and incorporate exercise into their daily routine. Physical health concerns, such as menstrual hygiene and vaccination, were addressed with practical solutions related to maintaining proper hygiene, following a healthy diet, and staying hydrated. Participants were encouraged to seek medical assistance for specific health issues, such as gastric problems, GERD, and H. pylori infection, and to take proactive measures to improve their overall health.

Fact Story from Participants:

Participants shared personal stories related to their health challenges and how the training sessions helped them. For example, one participant struggled with gastric issues for years but was finally diagnosed with H. pylori infection and received proper treatment. The training sessions also provided valuable information about maintaining health and well-being.

Changes, Impact and conclusion of the Training:

The participants experienced positive changes in their mental and physical health after attending the training sessions. They gained valuable knowledge, practical skills, and support to manage their problems effectively. The impact of the training was evident in their improved well-being and quality of life. The training sessions had a significant impact on the participants, with many reporting improvements in their mental and physical health. One participant shared a personal story about overcoming psychological challenges. The trainings helped them address their issues and adopt healthier habits for a better quality of life.

The NECDO's Psychosocial Project in January 2024 was a success, providing valuable support and guidance to women in addressing their mental and physical health concerns. Through interactive training sessions, personal stories, and practical solutions, the participants gained insights into improving their well-being and enhancing their quality of life. The project highlighted the importance of holistic health approaches and the positive impact of psychosocial interventions on individuals' lives.



NECDO RELIEF PROGRAM

JANUARY 2024

NECDO successfully conducted the Relief Program for 70 vulnerable families on January 17th and 18th, 2024, in Kabul. The program aimed to provide emergency assistance and support to the families facing extreme hardships and vulnerabilities. The goal was to help alleviate their immediate needs and improve their overall living conditions.

Our team identified the most vulnerable families struggling with poverty, homelessness, food insecurity, illness, or displacement, and distributed food packages consisting of 50kg flour and 5-liter oil. The program also included long-term follow-up plans to monitor their progress, address any emerging needs, and offer guidance and support when required.

The program served as a lifeline for those in desperate situations, ensuring their basic needs were met and providing them with hope for a better future. Through our relief efforts, we aimed to improve the living conditions and alleviate the suffering of these vulnerable families.

We prioritize the families in need, ensuring that our resources have a maximum impact on those who are most vulnerable. We are confident that our efforts will result in an improved access to food assistance for all 70 families involved in the Relief Program.

We appreciate the dedication of our team, who made this program possible, and extend our gratitude to all those who contributed to making it a success. Please find attached the Agenda, Participants List, and Photos of the event.

