



Islamic Relief
Pakistan

IR WASH Interventions Rising Healthy & Prosperous Communities





About Islamic Relief

Islamic Relief Worldwide (IRW) is an international relief and development charity which envisages a caring world where people unite to respond to the suffering of others, empowering them to fulfill their potential. We are an independent Non-Governmental Organisation (NGO) founded in the UK in 1984. We provide help where it is needed most and whenever we are best placed to assist. Responding to disasters and emergencies, Islamic Relief promotes sustainable economic and social development by working with local communities - regardless of race, religion or gender. Islamic Relief commenced its operations in Pakistan in 1992, and secured a registration with the Security and Exchange Commission of Pakistan in 1994 as a company limited by guarantee. Islamic Relief is also registered with the Ministry of Finance. Islamic Relief in Pakistan is focusing on the following sectors:

- Food Security & Livelihoods
- Health & Nutrition
- Water, Sanitation & Hygiene
- Islamic Microfinance
- Child Welfare & Orphan Sponsorship
- Humanitarian Programme
- Disaster Risk Reduction & Climate Change
- Renewable Energy/Alternative Energy Sources
- Seasonal Programmes (Ramadan and Qurbani)
- Advocacy & Campaigning



Our Vision

Inspired by our Islamic faith and guided by our values, we envisage a caring world where communities are empowered, social obligations are fulfilled and people respond as one to the suffering of others.

Our Mission

Exemplifying our Islamic values, we will mobilize resources, build partnerships, and develop local capacity, as we work to: Enable communities to mitigate the effect of disasters, prepare for their occurrence and respond by providing relief, protection and recovery.

Promote integrated development and environmental custodianship with a focus on sustainable livelihoods. Support the marginalised and vulnerable to voice their needs and address root causes of poverty. Allocate these resources regardless of race, political affiliation, gender or belief, and without expecting anything in return.

Our Values

We remain guided by the timeless values and teachings provided by the revelations contained within the Qur'an and the prophetic example, most specifically:

Sincerity – Ikhlas

In responding to poverty and suffering our efforts are driven by sincerity to Allah and the need to fulfill our obligations to humanity.

Excellence – Ihsan

Our actions in tackling poverty are marked by excellence in our operations and conduct which are deserving of the people we serve.

Compassion – Rahma

We believe the protection and wellbeing of every life is of paramount importance and we shall join with other humanitarian actors to act as one in responding to suffering brought by disasters, poverty and injustice.

Social Justice – Adl

Our work is founded on enabling people and institutions to fulfill the rights of the poor and vulnerable. We work to empower the dispossessed towards realizing their God-given human potential and developing their capabilities and resources.

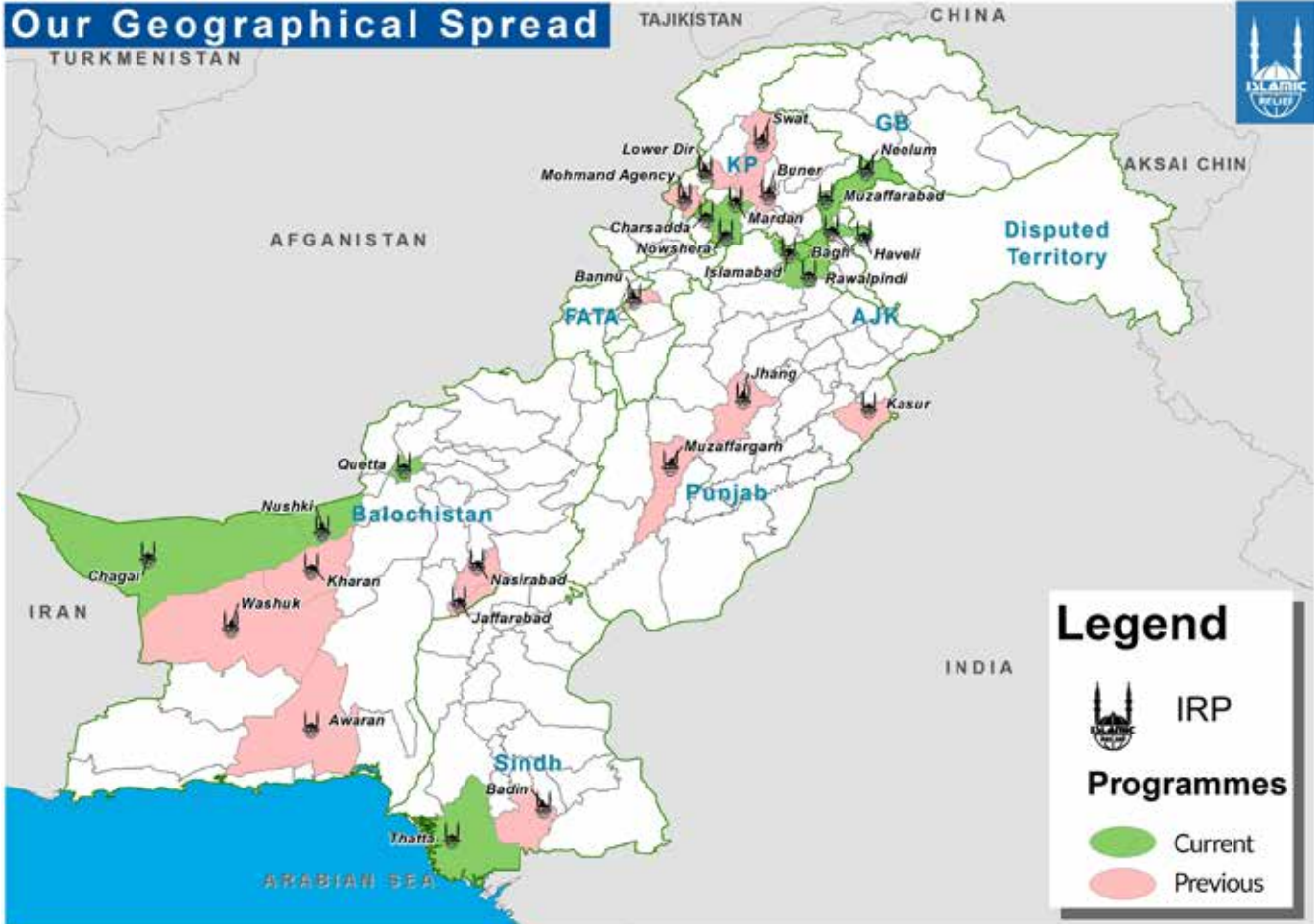
Custodianship – Amana

We uphold our duty of custodianship over the earth, its resources and the trust people place in us as humanitarian and development practitioners to be transparent and accountable.





Our Geographical Spread



Legend

 IRP

Programmes

-  Current
-  Previous



Water, Sanitation and Hygiene

Water is essential for life. Yet more than 1.1 billion people have no access to clean water. For some countries the problem is scarcity of water, whilst in others it is the quality of water. Unclean water can be fatal as it spreads diseases and illnesses such as cholera and diarrhoea. Poor hygiene practices and access to latrines also increases risk of disease. Over a third of the world's population does not have access to adequate sanitation.

Islamic Relief aims to give people all over the world water for life. We don't just hand out water to those who are thirsty – we dig wells, and build systems to collect and purify rainwater, helping communities to access clean water. Islamic Relief's water and sanitation projects include digging wells, building water supply systems, rainwater-harvesting, constructing latrines and providing basic hygiene training.

Islamic Relief has been contributing in bridging sanitation coverage gap across the country since 2000 and had been evolving methodology using different approaches and tools depending on different geographical conditions and level of response in line with government priorities, endorsed approaches and guidelines.

Through its WASH interventions, Islamic Relief Pakistan (IRP) has been contributing in sanitation sector in different dimension. Extending from subsidized approaches under emergency response to partially subsidized or non-subsidized approaches under development Programmes across the country. So far, IR has reached around 1.5 million people across the country through its WASH-related projects that include conventional approaches and tapping the natural resources through renewable energy projects.

In addition to supporting communities in household (HH) level sanitation interventions, IRP had been working effectively with its community platforms in reducing the sanitation coverage gaps including school sanitation in remotest parts of Pakistan and AJK.





Islamic Relief Water, Sanitation and Hygiene in Emergencies

In any emergency i.e. natural disasters, conflicts, displacements, along with food and temporary shelter, safe water and sanitation are the highest priority in an emergency situation. Unless adequate water and sanitation services are quickly provided to emergency-affected communities, disease and death will follow. And unless good hygiene is consistently practiced by affected people, the danger of diarrhoea, cholera and other disease outbreaks will persist. This is true in all types of emergencies, from rapid onset natural disasters to long-term crises caused by a range of complex factors.



Islamic Relief is engaged in emergency WASH interventions and had been providing much needed services to the people who were in need. Our emergency WASH interventions are in drought-affected province of Balochistan where we tapped natural resources and provided communities with windmills and solar powered water projects. Similarly, Islamic Relief has responded with water, sanitation and hygiene interventions in 2005 Earthquake, 2009 IDP Crises, 2010 Floods, Droughts in Balochistan.

The scale of Islamic Relief emergency WASH programme has expanded significantly in recent years, now reaching out to over 1.5 million people with emergency WASH projects. During an emergency, Islamic Relief Pakistan responds with a package of water, sanitation and hygiene interventions. Response programmes range from rapid and limited interventions in acute emergencies – such as the distribution of water purification tablets, provision of clean bottled water and water tanking. Apart from this we are engaged in providing sanitation facilities and contributing to help affected communities uplift hygiene practices.



Improved Hygiene and Sanitation for flood survivors: A Case Study

Qari Muhammad Abid, aged 45, has three sons and two daughters. He lives in Saroon Walla village in district Muzaffargarh and worked as a Qur'an teacher in Karachi, around 800 kilometers away. After the floods in 2010, he was unable to return to work as he was no longer willing to be away from his family. He was particularly worried about his four-year-old son, Saad Ahmad.

"Since birth my son Saad has had frequent fits which leave him weak and lifeless.

I have had neither the time nor the money to treat him. My wife can't bear to see him like this and it has been a great worry on our mind. We tried some spiritual healing but nothing worked. Now he's getting older we don't know how he will go to school – if he faints there who will take care of him? We put our trust in Almighty Allah and pray that He will do something for our son."

Islamic Relief met Qari Muhammad Abid when assessing the health needs of the community. It became evident that poor water quality and poor water, hygiene and sanitation practices were contributing to the level of sickness and disease, particularly among children.

"Until now we never considered health and hygiene issues in this way. But since attending the sessions with Islamic Relief we make sure our children wash their hands before and after meals and after visiting washrooms. We also take extra care to ensure our clothes and beds are clean. Our water is also clean now as Islamic Relief has installed deep-well hand pumps and tested the water quality. During early phase of emergency, IR provided us aqua tabs; temporary latrines were constructed and hygiene sessions were regularly conducted by the teams.

As a result we've noticed that the incidence of disease in our family and in the whole village has decreased," he said.

"What's more, our son Saad has never fainted or fallen ill since we've adopted these measures. Every day he is getting stronger and more active. He has now started school and is doing really well. My worries about his health and his future have turned into hope."





Water for villagers at their door step in AJK

For many of the women in Dhair Galian village in Pakistan, their lives used to revolve around getting water for their families.

“Due to the distance of our water source, we were facing lot of problems in fetching water,” said Ajeeba Begum. “Sometimes we spent the whole night waiting for our turn to fetch water. It was a hectic routine and caused a lot of difficulty at times.”

Islamic Relief’s donors provided Dhair Galian with a drinking water supply system. The residents can now use the water for drinking and other domestic purposes. The impact has spread throughout their lives.

“All the households are benefiting from this water supply system,” said resident Irum Abbas. “Due to availability of clean drinking water, the condition of health and hygiene in the area has improved.”

With the extra time on their hands and water at their doorstep, many of the women are planning gardens to supplement their families’ diet and their income.

Resident Muhammad Altaf is planning to grow crops with the water as well. The daily laborer struggles to earn enough money for his family. “Now I’m planning to cultivate vegetables and will put them on the market to increase my income.”



Story of Zahefa

Zahefa lives in a remote hamlet of a remote village in AJK. She has three children—a son and two daughters. Her husband worked as a daily laborer at a hotel until the day five years ago when tragedy struck the family: He died of a heart attack.

Zahefa works hard to keep the family together with the help of some relatives and her small herd of livestock. She struggles to balance the time demands of tending to her animals, accomplishing her regular household work and caring for her children, and she felt bad that she had little time to spend with them.

There was one thing that made it all more difficult for her—finding clean water to drink. She had to walk about a mile and a half to get the water her family needed, and then carry it all back home.

“I had to spend hours to fetch water,” she said. “Then I had less time for my livestock and my children.”

Zahefa’s village once had little in the way of governance or safety nets, but Islamic Relief has in recent years helped the residents form 10 community organizations. One of them was formed in Zahefa’s hamlet, and she took a position as a member. The members decided together that a closer source of clean water was one of their hamlet’s most pressing needs. The time spent carrying water was a problem for the entire community, and so were the illnesses spread by the unsafe water. So the group submitted a proposal to Islamic Relief to help them build a drinking





water system. It took a few attempts as they learned about the process, but their proposal was accepted.

A feasibility survey was carried out, construction began, and now their water system is complete—one of 10 built so far in the region in Islamic Relief’s Safe Water for Community project that began in July 2012 and is scheduled for completion in spring 2014. The water in all of the new systems has been tested for safety, and community members have been trained and given the tools to maintain them. Community members have also received training in improved hygiene practices and were given hygiene kits to help reduce waterborne illnesses. Five additional drinking water systems are currently under construction in the region.

The results have been dramatic. In one of the villages taking part in this project, before the new water systems were built, waterborne diseases and hygiene-related illnesses—such as typhoid, hepatitis A and diarrhea—were found in 57% of the patients treated at the local basic health unit. After the program was implemented, only 14% of the patients treated at the unit were suffering from waterborne and hygiene-related illnesses.

“It was our dream that comes true,” said Zahefa, president of one of the community organizations in the village.

For Zahefa, the best result is the time saved. She’s planning to use the water and her newfound time to grow vegetables and expand her herd of goats so she can feed her family better, earn more income and rely less on family members. She’s also glad that she can spend more time with her children.

“Now I have a clean water facility at my doorstep,” she said. “It is a blessing for me that now I have enough time to focus on my home and children.”



Solar-powered (ECO-friendly) water projects in Balochistan

In Balochistan, many small villages lack basic facilities, including access to water. Women and children typically shoulder the burden of water collection, facing long treks to often contaminated water sources. The time-consuming and hazardous journey jeopardises their health and ability to earn money or go to school, and the dirty water makes families vulnerable to disease.

In addition, over the last two decades, the arid region has been particularly prone to drought. This is undermining the means by which local people can earn a living – as they struggle to raise livestock and grow crops. In the districts of Chagai and Noshki, drought has forced families to migrate in order to access water for livestock – a major source of income.





Benefitting Communities in Chagai and Nushki Districts - A Case Study

Islamic Relief is pioneering sustainable water solutions in the region. Our latest projects are seeing solar powered water pumps installed across the Noshki and Chagai districts. The pumps not only provide safe drinking water, but open troughs are built so that livestock owners can water their animals too.

Local communities are involved in the project design and implementation, ensuring a sense of ownership over the new water sources. community organisations are being set up and trained to maintain the new facilities, ensuring that if they break down after Islamic Relief has left, the community are independent and don't need to call us back. The organisations also promote health messages with the community, ensuring that everyone knows how to stay safe using clean water.

In the areas where the pumps have already been installed, communities are telling us of the benefits they've already noticed – household hygiene has improved, and rates of water-related diseases have dropped.

Now, 15,100 people are benefiting from our sustainable water sources – and it's not just water we're providing in an environmentally friendly way! We've also installed over 150 windmills to provide power to remote regions, as well as supplying public buildings and family homes with their own solar power sources.



Sustainable Community WASH Initiatives in KP

Mukhtiar is a disabled wife of Shaukat Khan. Her husband is working as a labour (daily wager) in their village named Shahi Kulali U/C Tarnab District Charsadda. Mukhtiar is poor and her family is affected by flood. She can't work due to disability and is a housewife. Due to unhygienic conditions frequent cases of Diarrhoea were reported, which also resulted into large health expenditures. She did not know that why her family members suffering from Diarrhoea. Subject village was affected by flash flood in 2010.

During Pre-KAP survey it was identified that main cause of diarrhoea in Shahi Kulali is open defecation. Mukhtiar home had no latrine facility therefore there was the trend of open defecation. She came to know (realised) about the reason of diarrhoea during hygiene promotional sessions by Islamic Relief. Her family was unable to construct a latrine due to poverty/lack of financial resources. She informed Village Organization to request Islamic Relief for construction of latrine for her family. The female VO mentioned her name in latrines list and requested Islamic Relief for support on priority bases. Islamic Relief officials visited her home to conduct social and technical feasibility. Latrine was constructed for Mukhtiar family.



"I am very thankful to Islamic Relief because Islamic Relief helps all needy and deserving people. May Allah help Islamic Relief to help us further"



Health & Hygiene Sessions contribute in reducing diseases in Sindh

Usman Mallah is a remote village and situated at Deh-Kalro, union council Keenjher Tehsil and district Sujawal. This village is consisting of 22 HH's and having 163 of total population (Male, 28 Female, 34 Boys, 43 and Girls, 58). In the village all people are belongs from Mallah tribe and there ethics, norms, living standard and tradition are also similar. The major sources of income of the inhabitants are agriculture which is 80% and rest of the other community members are engaged in labor work on daily wages.

As project started after conducting need assessment of Area and it found that there is an adequate need of shelters and WASH activities, accept that unhygienic condition and damages of flood were also observed in the area. Islamic relief Pakistan has taken an initiative to implement a project namely Integrated Development through Resilience Initiatives in Sindh (IDRIS-II) in flood affected area of taluka Sujawal - Sindh. In the result of those vulnerabilities, in 2014 Islamic Relief Pakistan started intervention in the village Usman Mallah. According to the situation IRP started health and hygiene sessions to promote awareness among local communities for the adoption of best hygiene practices.





Rizwan Ahmed is 11 years old and belongs from village Usman Mallah. He has one brother and one sister in sibling and along with that a mother and a maternal grandmother in his family. His brother and sister have got married and they are living separately; therefore Rizwan is living with his mother and maternal grandmother who is old age. His Father died six years ago due to an ailment so called appendix and after his death the burden of the family derived on the weak shoulders of Rizwan's mother, who is single earner of the family. After struggling a lot she is getting very less amount from the embroidery work to sew and sale local traditional things i.e. Quilt, Agath, Parandha etc. Such as mother of Rizwan is also old age, so he is helping hand of his mother in collection of drinking water and mud for shelter plaster, market linkages and other domestic works. During hygiene sessions, IRP team has perceived that due to the busy schedules and unawareness, whole community of Rizwan Ahmed is obligating poor and unhygienic habits. Throughout continues visits, team observed that open defecation, improper usage of soap, ignorance of nail cutting and other unclean applies were in the practice of Rizwan Ahmed which makes him very ugly including other children. Since of that he was becoming ill due to majority of viral attacks on weekly and monthly basis. Hygiene staff also noticed that Rizwan was eating habitually Tabaco "Ghutka" on daily basis and also was not doing mouth wash. After situation analysis, team conducted hygiene sessions for children on personal hygiene. The Hygiene sessions was being delivered among all of the children including with Rizwan Ahmed and during session harmfulness of "Gutka" was also been discussed because it was the general issue of that community along with all children.

In the impact of those community hygiene sessions, Rizwan became changed and sensitized according to their health and personal hygiene. After learning, he got great interest in these sessions and also became a role module for other children. Rizwan left eating "Ghutka" and now maintain his self from head to feet. He also delivered and arranged some hygiene session on personal hygiene and hand washing into the communities which created competition among other children as well. Now he is playing a role module of CHAST activities and promoting best practices towards others.

"According to the Rizwan, before Islamic Relief intervention about health and hygiene including hand washing was a poor practice among them but after attending hygiene session's community is well aware regarding the importance of good hygiene practices and how to reduce the risk of diseases".

He said that "children are admired from me. I am feeling myself healthy, energetic and innovate in my nature, as well as people love to meet with me at village. Rizwan further said "If we are clean we can face a lower risk of disease and we should continue our practice of hand washing in future".



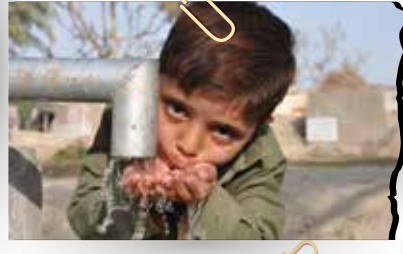


Behaviour Change Communication

Islamic Relief WASH campaign is a concerted advocacy effort to place sanitation, hygiene and water a priority agenda. IR is working with local and provincial governments, non-governmental organizations, community groups and other stakeholders to promote a sanitation and good hygiene practices. Islamic Relief in collaboration with its partners is contributing to make a difference in alleviating the suffering and improving the health and productivity of the poor for making safe, water, sanitation and hygiene a reality for all.

Islamic Relief WASH aims to raise the commitment of political and social leaders to achieving these goals and effecting the necessary behavioural changes through various information and communication channels, using traditional and mass media, hygiene promotion in schools, training and building local capacity in communications, infotainment and improving networking and research.





Pictorial Review





Islamic Relief Pakistan

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