

AMAR SPREEHA

COVID-19 EDITION

NEWSLETTER

ISSUE 1



SPREEHA

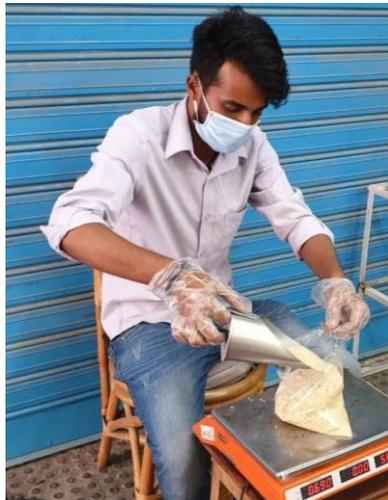


Learning to Adapt, Evolve & Thrive Spreeha's Take on Fighting Covid-19

Bangladesh has crossed 100 days of COVID-19 infection in June 2020. As the pandemic continues to spread, these are indeed the most challenging times for us all. While several new developments are in sight to combat the virus, a major portion of our population continue to bear the brunt of the crisis. Needless to say, designing programs while keeping the evolving challenges of these vulnerable communities in mind has never been more important.

Our Response

Given the current circumstances, here at Spreeha, we're committed to doing everything possible to sustain our daily operations and provide services to our community with necessary modifications in place. Our staff is working hard to continue providing services whilst also staying on top of reducing the risk of spreading infection and supporting our community members who may be more at risk.



As part of the COVID-19 response, Spreeha has taken a range of projects in order to support people living in vulnerable conditions due to the pandemic. These initiatives took place across various districts in Bangladesh including Gazipur, Sylhet, Sunamganj, Moulovibazar, Barishal, Chottogram, and Naogaon.

As of June 2020, we have reached a total of 31,865 people through our emergency response activities.



15000 people received facemasks



14000 people received hygiene products



3500 families received food packages



Vulnerable families from **6 districts** received assistance



2865 people oriented on COVID-19



Door to Door Awareness Campaign

Our community officers are working tirelessly to create awareness about the COVID-19 pandemic among our community members. While educating them on what the corona virus is and how to prevent it, they are also being encouraged to seek for online doctor consultation rather than go to healthcare center in order to reduce the risk of transmission. Going door and to door, community officers at Spreeha are not only screening temperature by non-touch method but also connecting suspected patients with our doctors.

As of June 2020, we have oriented a total of **2865** community members on COVID-19 awareness.





Ensuring Access to Quality Healthcare during Pandemic

With the highest level of precaution, our healthcare center has started providing service to the underprivileged community at Rayerbazar. To ensure reduced chance of coronavirus transmission from healthcare service provider to patient and vice-versa, we are constantly sanitizing our center, monitoring temperature by non-touch method, helping our patients to sanitize their hands and feet, ensuring no one enters the center without facemask as well as maintaining social distancing in the waiting zone, doctor's chamber, and pharmacy.



At home Mom's Club

Mom's club is Spreeha's mother and child healthcare program that ensures access to pregnancy-related information for expecting mothers while assisting them with counseling sessions throughout their pregnancy journey.

In the wake of COVID-19 outbreak, we were forced to suspend all the indoor & outdoor group activities for the safety of our mom's club members. However, our health workers are carrying on home visits to individually check up on pregnant mothers. From educating them on pregnancy-time at home care to connecting them with appropriate referral services, community officers are constantly by their side to ensure the well-being of both mother and baby. Additionally, they are also being encouraged to avail telemedicine service to reduce the chance of infection.

As of March to June 2020, a total of 30 expecting mothers have been part of Spreeha's mom's club.



“THEY DIDN'T STOP CARING FOR A SECOND EVEN WHEN A PANDEMIC STOPPED THE WORLD”



Giving Birth in a Pandemic

In the most favorable circumstances, giving birth is both exciting and nerve-wrecking. But if you are to welcome a newborn during a worldwide pandemic, it's only natural to have more anxieties and less happy thoughts.

Rubina was one of the mothers who found herself preparing to give birth amidst the most unfavorable time of the century – a global pandemic. While the virus began transmitting fast, the entire country went under lockdown when she was exactly just a month away from her due date. Amidst all that, she found a new source of strength. Health workers at Spreeha carried on checking up on her at home keeping her follow up routine on track. Given the situation, they also guided her on how to keep her family and herself safe while maintaining social distancing all the time.

"Community officers here were so caring. They didn't stop caring for a second even when a pandemic stopped the world" - Rubina shares as she explains how the regular visits by Spreeha's community officers kept her not only updated on her health but also mentally strong to be prepared for the delivery.

With many health facilities overwhelmed with COVID-19 patients as well as closing during lockdown, she was extremely worried as to where to seek help when it will be time to go into labor in such an unusual time. In regard to that Rubina expresses her gratitude to the clinic's referral service through which she could find out the reliable maternity centers that could provide her the care she needed at that time of crisis. On April 23rd, with the country still not under the best of times, Rubina was blessed with a baby girl – Nusrat Akter.

Rubina feels much less stressed now to have Spreeha by her side in her times of need and more inclined to rely on our mother and child care facilities like never before.



Taking School Activities to Home

As the current circumstances have led us to cancel in-person school programs, our pre-school, after school and Adolescent Girls' Club's students at Rayerbazar didn't have the option to leave home for the last four months. In absence of physical classes, our teachers are taking school materials to students' home all while maintaining proper social distance all the time. Students now spend their days engaged in doing different activities like painting, crafting, and book reading at home.



I'M NOT AFRAID OF THE VIRUS. I KNOW IT'S DANGEROUS BUT WE SHOULD NOT PANIC BUT BE MINDFUL"

It has been more than 3 months Nusrat has stopped going to Spreeha and is missing out on meeting her friends at After School Club due to nation-wide lockdown measures to fight pandemic. Disconnected from friends and teachers, this is quite a new experience for Nusrat.

In an attempt to keep things interesting for her, however, Nusrat's teachers at Spreeha are coming to her home with school supplies accompanied by home assignments. With creative activities like, handicrafts and paintings, she is now able to keep herself busy doing something and her time is also being spent well in comparison to the beginning of lockdown period. She further mentions that making art with Spreeha is never a dull moment for her.

Nusrat is quite well aware of the COVID-19 pandemic and the preventive messages Spreeha community facilitators shared about the virus while visiting her home. She knows that it is an infectious disease, and that they need to maintain proper personal hygienic practices to prevent it.

"I never miss to hand my mom a bottle of hand sanitizer down whenever she comes" home from work"

- She says while explaining how she practices hygiene at home and outside.

Nusrat aspires to be a good teacher someday. As for now, she wants to do tuition once she completes grade 7 and start sharing responsibilities with her mom to bear her own expenses.

Nothing is impossible when a mind is inspired by a brave heart like Nusrat's. Spreeha sees her courage and encourages her to stay focused on her goals while assuring that a pandemic should not be a threat to her dreams if she keeps on believing in herself.



Telemedicine Service: Bridging The Gap Between Health Need & Access To Care

In the wake of coronavirus, initially doctors' chambers were mostly closed restricting people from getting medical help. Addressing this issue, Spreeha initiated an Online Doctor Helpline portal in an attempt to bridge the gap between health need and access to care. Through this telemedicine service, patients were able to access doctor consultation anytime from the comfort of their home. Be it primary health counselling or for COVID-19 related advice, a pool of doctors are now available to provide any free consultations round the clock.

Anwar Hossain is a beneficiary of Spreeha for quite a long time now. Apart from his 10-year son – Shazzat, being a student of Spreeha education program, both he and his family rely on Spreeha's healthcare service on a regular basis. From doctor consultations to getting kids vaccinated to tests of any kind, he has always put his trust in our diagnostic center and says he particularly prefers going to Dr. Zahid for his great medical advice.

“When all doctor chambers were closed during those uncertain times, Zahid bhai was there to prescribe me medicines over the phone which was a great relief for both me and my family”

– he says as he explains how the consultations with his doctor over the telephone has helped him treat his health during the time of crisis. He now not only takes the service for himself but also advises others in his community to avail Spreeha's telemedicine facilities.



SHOUT OUT TO OUR DONORS AND PARTNERS

In times like these, we're reminded of how interconnected we all are. With the pandemic impacting everyday life, we thank the partners, donors and friends for their continued support and contributions in our fight against COVID-19. The outpouring of solidarity from organizations and individuals has been truly remarkable. Without them, none of it would be possible - Thank you for being part of our journey and making such a difference!





Towards a *Resilient* Society

Amidst COVID-19 outbreak, Spreeha has reached **35,223 people**, including 2053 patients getting Healthcare service, 390 Students in at-home school activities, 3780 people receiving community awareness and 29,000 people receiving emergency support.

While there's a lot of uncertainty, we know that we need to adapt fast to our evolving circumstances. Now, more than ever, our community needs us, and we're dedicated to finding ways to continue our service while enabling them become more resilient to the ever changing reality.

TO KNOW MORE ABOUT OUR COVID-19 RESPONSE,

PLEASE VISIT: [HTTPS://SPREEHABD.ORG/COVID-19-RESPONSE/](https://spreehabd.org/covid-19-response/)

TO DONATE TO OUR COVID-19 RESPONSE ACTIVITY,

PLEASE VISIT: [HTTPS://CHOLOSHOBAI.COM/CAMPAIGN/SPREEHA-EMERGENCY-FOOD-AND-MEDICINE/](https://choloshobai.com/campaign/spreeha-emergency-food-and-medicine/)

You can also help by advocating for us by sharing our mission with a family member or friend. Encourage them to follow Spreeha's social media. Even a quick mention on your social media would mean the world to us!