

# PROGRAMME UPDATE



International Federation of Red Cross and Red Crescent Societies  
Fédération Internationale des Sociétés de la Croix-Rouge et du Croissant-Rouge  
Federación Internacional de Sociedades de la Cruz Roja y de la Media Luna Roja  
الاتحاد الدولي لجمعيات الصليب الأحمر والهلال الأحمر

## RUSSIAN FEDERATION

13 December 2004

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### In Brief

Appeal No. 01.82/2004; Programme Update no. 3, Period covered: 1 July to 30 September 2004; Appeal coverage: 26.9%; ([Please click here to go directly to the Contributions List](#))

Appeal target: CHF 4,963,083 (USD 4,289,675 or EUR 3,233,875)

#### Related Emergency or Annual Appeals:

Russia Annual Appeal 2004 (For details, please see the website at [http://www.ifrc.org/cgi/pdf\\_appeals.pl?annual04/018204.pdf](http://www.ifrc.org/cgi/pdf_appeals.pl?annual04/018204.pdf))

Russia Annual Appeal 2004 Programme Update no.1 (For details, please see the website at [http://www.ifrc.org/cgi/pdf\\_appeals.pl?annual04/01820401.pdf](http://www.ifrc.org/cgi/pdf_appeals.pl?annual04/01820401.pdf))

Russia Annual Appeal 2004 Programme Update no.2 (For details, please see the website at [http://www.ifrc.org/cgi/pdf\\_appeals.pl?annual04/01820402.pdf](http://www.ifrc.org/cgi/pdf_appeals.pl?annual04/01820402.pdf))

Chernobyl Humanitarian Assistance and Rehabilitation Programme Annual Appeal 2004 (For details, please see the website at [http://www.ifrc.org/cgi/pdf\\_appeals.pl?annual04/018104.pdf](http://www.ifrc.org/cgi/pdf_appeals.pl?annual04/018104.pdf))

Beslan Tragedy Emergency Appeal (For details, please see the website at [http://www.ifrc.org/cgi/pdf\\_appeals.pl?04/1904.pdf](http://www.ifrc.org/cgi/pdf_appeals.pl?04/1904.pdf))

For further information specifically related to this operation please contact:

- Russian Red Cross: Phone 7 095 126 5731; Fax 7 095 230 2868; email [mail@redcross.ru](mailto:mail@redcross.ru)
- Russia Delegation: Phone 7 095 937 5267; Fax 7 095 937 5263; email [Moscow@ifrc.org](mailto:Moscow@ifrc.org)
- Miro Modrusan, Desk officer, Secretariat. Phone 41 22 730 4324; Fax 41 22 733 0395; email [miro.modrusan@ifrc.org](mailto:miro.modrusan@ifrc.org)

This Programme Update reflects activities to be implemented over a one-year period. This forms part of, and is based on, longer-term, multi-year planning. All International Federation assistance seeks to adhere to the [Code of Conduct](#) and is committed to the [Humanitarian Charter and Minimum Standards in Disaster Response](#) in delivering assistance to the most vulnerable. For support to or for further information concerning Federation programmes or operations in this or other countries, or for a full description of the national society profile, please access the Federation's website at <http://www.ifrc.org>

## Operational Developments

The Russian Red Cross (RRC) and the Federation have launched an appeal to support people affected by the school tragedy in Beslan, North Ossetia in September this year. *(For more information on the Russian Red Cross and International Federation response to the disaster, please go to the appeal and related news stories at <http://www.ifrc.org/where/country/cn6.asp?iYear=0&xFlag=2&countryid=142&view=1>)*

In other areas, the Russian Red Cross and the Federation continue to implement the following programmes included in the appeal for 2004: Tuberculosis (TB), Population Movement, support to Visiting Nurses Services, HIV/AIDS peer education, and Organisational Development.

## Disaster Management

**Programme objective:** The Russian Red Cross organisational and management capacity in disaster management is strengthened at headquarters and regional levels (at least 5 regional branches) through enhanced disaster preparedness capacity, long-term support in rehabilitation of vulnerable people and continuous support to migrants.

**Table 1. Donor support and implementation timeframe of disaster management activities within the appeal**

Programme	Regions	Donor Support	Implementing timeframe
Population movement	Nizhny Novogorod, Orenburg, Novosibirsk, Smolensk, Samara, Belgorod	Swedish Red Cross	May 2004 - ongoing
Children's playrooms in Ingushetia	Ingushetia/ North Ossetia	British Red Cross	Programme ended
Food security	Magadan	Japanese Red Cross	Programme ended

The RRC and International Federation continue to seek funding for all programmes within the framework of the Annual Appeal 2004. In order to access the whole appeal, please go to the website at [http://www.ifrc.org/cgi/pdf\\_appeals.pl?annual04/018204.pdf](http://www.ifrc.org/cgi/pdf_appeals.pl?annual04/018204.pdf)

Although disaster response and preparedness capacity remain minimal, RRC in cooperation with the Federation Delegation continues to manage and coordinate disaster response operations and assist vulnerable people affected by natural and manmade disasters throughout the Russian Federation. Ongoing activities in the regions maintain and build upon existing capacities, through training of staff and developing closer cooperation with RRC headquarters and Federation Delegation Relief and Logistics experts. Efforts continue in the regions to sustain existing programmes while further funding is sought.

### Population Movement

Over 11 million people have entered and 5 million have left the Russian Federation since 1989, according to the Governmental Committee on Migration Policy. During the same period, over 30 million people have been displaced. The scale of support required continues to escalate, and Russian Red Cross and the International Federation continue to seek funding to enable ongoing provision of assistance to the many vulnerable involuntary migrants.

During July – September 2004, Russian Red Cross, with support from the International Federation, continued implementation of the following population movement projects funded by the Swedish Red Cross:

1. Regional reception points for involuntary migrants (in Nizhny Novgorod and Orenburg (from 5 May) and Kemerovo (from 1 June).
2. Emergency legal counselling points for involuntary migrants (at Novosibirsk railway station (from 5 May) and Smolensk RRC regional branch (from 1 June).

3. "Summer health-improving camps for the migrants' children" (in Belgorod 17 July – 6 August and in Samara region 30 July – 21 August).

During implementation of the above mentioned programme, the RRC regional branches worked with involuntary migrants on the basis of a cooperation agreement between the Russian Federal Migration Service and Russian Red Cross dated 11.08.1998. This agreement has prompted regional Red Cross branches to sign or prepare respective agreements with local Ministry of Interior Migration Departments.

#### Programme objectives:

1. Provide professional legal, psychological and social support to involuntary migrants and vulnerable groups of local residents on the regional level free of charge.
2. Take part in implementation of the Russian Federation Federal special programme "Developing tolerance and anti-stigmatisation in Russian society" by conducting tolerance trainings at schools.
3. Strengthen coordination between RRC and governmental structures working in the migration sphere (Federal Migration Service, Ministry of Interior Passport-Visa Service, Ministry of Labour and Social Development, Ministry of Health).
4. Attract attention of civil society to the problem of involuntary migration.
5. Strengthen organisational capacities of RRC regional branches and clearly show RRC as a neutral and impartial organisation.
6. Support social and psychological adaptation of migrants' children.

#### Beneficiaries:

Forced migrants; refugees; people seeking asylum in Russian Federation; internally displaced persons; labour and economic migrants; ecological migrants; undocumented migrants; the most vulnerable categories of local residents.

#### Regions where migrants arrive from:

Internal unstable zones (Chechnya); New Independent States (NIS) and Central Asia countries; other foreign countries (Afghanistan, Iraq, Pakistan, China, Vietnam etc.)

During the reporting period, project assistance was provided directly at the RRC regional branches (for migrants and vulnerable residents of the regional centres) and during regular field actions conducted together with representatives of territorial Migration Departments (for the rest of people living in the region). A total of **1469** persons (including **1142** migrants) visited RRC regional and emergency reception points and were provided with legal, psychological and social consultations.

**Table 2. At a glance: Number of people and visits to RRC regional and emergency reception points during the reporting period July – September 2004**

	Total			Total		
	Number of visits	Migrants visits	% of migrants	Number of people	Number of migrants	% of migrants
Orenburg	507	359	70.8	436	314	72.0
Nizhny Novgorod	569	451	79.3	359	300	83.6
Kemerovo	260	154	59.2	215	131	60.9
Smolensk	187	152	81.3	186	152	81.7
Western Siberia railway	273	245	89.7	273	245	89.7
<b>Total</b>	<b>1,796</b>	<b>1,361</b>	<b>-</b>	<b>1,469</b>	<b>1,142</b>	<b>-</b>

**Table 3. At a glance: Type of assistance provided to people at RRC regional and emergency reception points during the reporting period May – June 2004**

Assistance								
	Legal		Psychological		Social		Group Session support	Humanitarian aid (in kind)
	visits	people	visits	people	visits	people		
Orenburg	191	191	176	138	141	135	5	131
Nizhny Novgorod	185	173	219	148	165	163	6	134
Kemerovo	107	94	58	49	95	93	3	14
Smolensk	187	186	-	-	-	-	7	986
Western Siberia railway	243	243	-	-	-	-	1	284
<b>Total</b>	<b>913</b>	<b>887</b>	<b>453</b>	<b>335</b>	<b>401</b>	<b>391</b>	<b>22</b>	<b>1,549</b>

***Psychological support***

The most important role of RRC and government agencies working with forced migrants is to assist their adaptation to new social-cultural circumstances. In addition to social and material assistance, professional psychological support is necessary. The majority of internally displaced people have experienced chronic stress and RRC psychologists provide assistance in coping with symptoms of post-traumatic stress.

During the summer, the work of RRC psychologists was adapted to meet seasonal demand. In addition to their regular work (outlined below) the psychologists made more visits to remote *rayons* (districts) accessible at this time of the year with high populations of migrants. They conducted educational talks and lectures, organized group work and training, and raised awareness about the existence and benefits of psychological assistance. The impact of this type of communication is not necessarily reflected clearly in programme statistics, but programme staff and the continuing demand for assistance from beneficiaries confirm its effectiveness in meeting the needs of the targeted population.

Summer – August in particular – also sees an increase in visits to psychologists by parents concerned about their children’s study and adaptation to school life. This year RRC psychologists also started providing support and counselling to specialists working with migrants (teachers, social workers etc.). The Beslan school tragedy in September 2004 has also had a widespread impact on the population across Russia, and psychologists’ support was particularly important and relevant for teachers and parents at this time (*For more information on the Russian Red Cross and International Federation response to the Beslan school tragedy, please go to the appeal and related news stories at: <http://www.ifrc.org/where/country/cn6.asp?iYear=0&xFlag=2&countryid=142&view=1>*)

Throughout the reporting period, the RRC psychologists working at the reception points in Orenburg, Nizhny Novgorod and Kemerovo met the programme objectives and strengthened the regional psychological network using the following methods:

- dissemination of information amongst forced migrants about the benefits of psychological assistance on offer (via local mass media and at RRC regional reception points; distribution of information leaflets about RRC activities)
- discussion on basic psychological problems of forced migrants – lectures, discussions, seminars with forced migrants
- using different methods of psychological support aiming to support involuntary migrants to overcome crisis situations and enable easier social adaptation.

These activities were carried out among adults and children using different methods depending on specific problems:

- individual consultations; family consultations; group training sessions; educational activities (used to implement the project “tolerance as a way of mutual adaptation of local residents and involuntary migrants”)

The majority of problems discussed with psychologists include emotional problems, coping with depression, social adaptation issues, resolving conflict situations, and family relations. One of the main reasons for psychological problems amongst the migrants is the attitude of the local population, which is often intolerant and hostile towards migrants. To combat this intolerance, psychologists conduct tolerance trainings for children to encourage cooperation and friendly relations between migrant and local children. As a result tension levels in class are reduced and a more positive atmosphere for effective learning is established. In turn, children’s improved outlook influences family members at home. Work with children also increases awareness of the Red Cross support network among migrant families and encourages vulnerable people to seek timely assistance.

The efficiency and effectiveness of the psychologists’ activities depends to some extent on the professional preparedness and experience in this particular sphere of psychology. Reports show psychologists’ accumulation of experience and increased creative potential to adapt the existing technologies to meet the specific individual needs.

The programme builds on substantial RRC experience and success in this field of work. Previous analyses of similar programmes have demonstrated a reduction of psychosomatic symptoms; improvement of beneficiaries’ mood, sleep patterns, vitality, self confidence, and increased optimism following visits to RRC psychologists; increased client motivation to find a way out of current crisis situations. In many cases one session with a psychologist increases beneficiary’s self confidence to the extent that he/she is motivated to find solutions to problems. Psychological activities also allow RRC to develop trust and respect among migrant and local populations, demonstrate the effectiveness of their support and attract more people to all spheres of the programme.

Throughout programme implementation, the RRC worked in cooperation with Moscow State University faculty of psychology, scientific and practical centre of psychological assistance, social services, and the Russian Federation Ministry of Education and State Migration Service. The ongoing programme offers the opportunity to renew and strengthen these relations, which will benefit ongoing and future RRC programme activities in similar fields.

### ***RRC legal network***

Within the population movement programme, RRC legal counsellors provide support (via personal and group consultation) to beneficiaries in the following fields:

- Status of forced migrants – rights and responsibilities; housing issues; allowances and loans for property purchase/construction
- Procedure of application for Russian citizenship
- Appeal procedure against State departments
- Job placement
- Pensions and restoration of lost documents, exit visas from Russian Federation

All RRC legal advisers pay particular attention to assisting undocumented migrants, those without forced migrant status and those without Russian citizenship to obtain legal status in Russia. In particular, during the reporting period, the legal adviser in Kemerovo developed methodological guidelines for migrants on how to obtain refugee and forced migrant status. The advisers also conduct information campaigns to raise awareness among the local and migrant population of immigration issues, how to deal with them and how the RRC is able to assist. The RRC advisers work in close cooperation with representatives of the Ministry of Interior Migration department and continue to strengthen relations with the government with a view to improving cooperation and assistance to migrants in the future.

RRC programme personnel demonstrate strong organisational skills, efficiency and competence in assisting beneficiaries, the majority of whom are internally displaced people and labour migrants.

**Social assistance**

Social assistance was provided in the following forms:

- social consultations on medical, social, educational, job placement and housing issues (including temporary accommodation provided for involuntary migrants and counselling on departure from Russia to visit relatives graves)
- Humanitarian aid (second hand clothes and shoes collected locally; food parcels; children's presents; hygiene kits; wheelchairs etc.)
- Assistance in accessing free of charge medicines and medical treatment

During the reporting period, most visitors to the reception centres applied for humanitarian aid. Procurement and distribution of this aid is not provided for within the programme budget, and RRC branches conduct local fundraising activities to collect and distribute humanitarian goods. During the reporting period, the participating branches and railway station emergency reception centres collected and distributed humanitarian aid including the following: foodstuff, clothes, bed linen, wheel-chairs, medicines, hygiene kits, second-hand clothes, footwear, medical kits, school items.

**Summer health-improving camps for the migrants' children**

Russian Red Cross organized a competition between RRC regional branches for project design of "Summer health-improving camps for the migrants' children". Belgorod and Samara branch applications were selected out of a total of 7 branch applications. Both branches supplemented the funds awarded from the programme with money raised through their own fundraising efforts. (Both branches were awarded almost RUR 105,000 (USD 3,500); Belgorod fundraised an additional RUR 55,000 (USD1835), Samara an additional RUR 8000 (USD270).

**Table 4. No. of children at summer camps in Belgorod (30 July – 21 August 2004) and Samara (17 July – 6 August 2004)**

Region	Number of migrants' children in the region (registered)	Number of children in the camp		Total number of children in the summer camp
		Migrants	Local residents	
Belgorod	2,326	20	90	110
Samara	1,017	16	291	307
<b>Total</b>	<b>3,343</b>	<b>36</b>	<b>381</b>	<b>417</b>

RRC staff working in the summer camps carried out the following activities:

- health-improving activities,
- psycho-rehabilitation activities,
- cultural activities,
- sports activities
- familiarization with the history and activity of the Russian Red Cross, International Red Cross Movement and the RRC regional branch.

Medical support was provided by RRC doctors and medical personnel working in the camp.

Children were split into different teams according to their age. The results show that this age division encouraged better communication between migrants' and local children. Activities included various competitions, games, parties and raising awareness of local surroundings (walking tours to local woods, discussing flora and fauna etc.) Health awareness activities included first aid training and raising awareness of HIV/AIDS. RRC also provided camp membership cards for all children. In the summer camp in Belgorod region there was a little zoo – 10 animals and birds. Children were happy to look after and feed the animals, and were able to ride horses every day. The interaction with animals assisted better integration of migrants' and local children and was very warmly welcomed by children of all ages.

RRC staff organized psychological support for children in the summer camps. Group and individual counselling sessions were held for migrants' children with the aim of resolving any problems. In addition, psychologists held group sessions to explain what tolerance is and why it is so important.

Group activities facilitated quick adaptation to camp life, and encouraged the forming of new friendships. Educational sessions increased children's awareness and capacity to respond on a number of issues and sessions on the history of the Red Cross Red Crescent will encourage more young people to join the Russian Red Cross as volunteers in the future.

RRC psychologists will continue to support children who attended the camps throughout the coming year and record the impact of the summer camp on the participants.



**Russian Red Cross teach first aid at summer camps as part of a programme designed to encourage integration between migrant and local children**



**"Help the Red Cross and Red Crescent to help others." At summer camps, children learn about the history of the Red Cross Red Crescent Movement and its role in society**

During the reporting period, all RRC branches worked in close cooperation with territorial Ministry of Interior Migration departments, and other local NGOs providing assistance to undocumented migrants. All RRC activities were widely broadcast in the local mass media and RRC staff distributed promotional materials on activities at RRC branches, railway stations, government and non government centres for passport/visa services, AIDS centres, accommodation centres for involuntary migrants.

In addition, RRC social workers, legal advisers and psychologists in cooperation with representatives of the Ministry of Interior migration department conducted **22 field trips** to areas with high concentration of involuntary migrants. During all trips, RRC representatives met with local authorities to discuss cooperation in supporting migrant populations.

#### **Problems encountered during the reporting period:**

- Insufficient number of field actions in Kemerovo.
- Humanitarian aid provided was not enough to meet needs, in particular availability of food parcels and hygiene kits.
- Reporting formats were criticised as being too complicated.
- Insufficient number of the legal and psychological materials for efficient work with migrants.

These problems are noted by the programme coordinator and staff at all levels, who are taking active steps to resolve them.

**Achievements:**

Analysis of RRC programme implementation during the reporting period reveals an effective network established to support the flow of migrants entering the Russian Federation. However, it also demonstrates the need to increase effectiveness of regional reception points through increasing capacity in the regions and supporting the branches to overcome problems noted above.

Programme implementation has had a positive impact on the organisational development of RRC regional branches, improving RRC material and technical bases through new staff and training, and establishing of legal database and monthly reporting mechanisms. RRC image and authority in the sphere of assisting forced migrants has been increased through widespread dissemination of information on RRC activities and establishing contacts with State organisations.

Strengthened links with State organisations have resulted in an improved professional level of services provided to migrants and will facilitate implementation of further RRC programmes to assist migrants in the region. In particular, all field trips are conducted by RRC and Ministry of Interior representatives and RRC branches have established relations with the regional departments of the following State services: Social Welfare; Education; Health; Labour.

Furthermore, well publicised work of the Red Cross psychologists, legal advisers and social workers has led to increased recognition and the opportunity to develop working relations with non-government institutions dealing with social issues.

In general, beneficiaries expressed gratitude to the RRC and donors for their assistance, and expressed a wish that the programme continues. Baring this in mind, RRC and the International Federation continue to seek funds to sustain programme implementation.

**Plans for the coming reporting period:**

- to conduct a seminar for the specialists of RRC reception points in Orenburg;
- to organize the required number of field actions with large number of involuntary migrants;
- to provide specialists of reception points with required legal and psychological materials;
- to continue close cooperation with regional and local authorities, territorial Ministry of Interior Migration Departments and public organizations providing assistance to migrants.

**Humanitarian Values**

**Programme objective:** Red Cross / Red Crescent humanitarian values and fundamental principles are promoted within the Russian Red Cross, its volunteers and partners and disseminated to the general public.

During the reporting period, activities conducted in accordance with the appeal 2004 logical framework were limited due to funding constraints. However, the Federation delegation and Russian Red Cross participated in a number of activities/ public events to raise the Red Cross profile and advocate for support to Red Cross programmes and promote the Red Cross Red Crescent Movement's fundamental principles and humanitarian values.

In July, the Information officer accompanied the Russian Red Cross/ Federation TB team and high level representatives of the programme donor, USAID, (also a member of the Global Fund board) to the TB programme implementation site in Pskov. As a result of this trip, the Russian Federation application to the Global Fund (which was initially rejected) was reconsidered and finally granted. Russian Red Cross will be directly involved in Global Fund TB projects in ten regions across Russia.

In August, the Information officer visited the population movement programme in Orenburg, and accompanied Russian Red Cross programme managers on visits to the local authorities to advocate for the rights of migrants in the region directly affected by new changes to Russian legislation regarding the status

of migrants. Representatives of the department of Migration accompanied Russian Red Cross on visits to the Red Cross reception centre (*please refer to the section on Population Movement for more details*).

During September, a meeting was held with the editor of the Red Cross Red Crescent (RC/RC) magazine, Russian Red Cross, the Federation and International Committee of the Red Cross (ICRC). ICRC will fund translation, printing and distribution of the RC/RC magazine in Russian throughout 2005. This activity will significantly increase coverage of Movement activities throughout Russian speaking countries.

During September, the information officer was fully occupied in the large scale response to the school hostage tragedy in Beslan. For more information on Russian Red Cross and Federation response to the tragedy and appearances in the local media/ fundraising appeals etc. please refer to the updated appeal and operations updates at:

<http://www.ifrc.org/where/country/cn6.asp?iYear=0&xFlag=2&countryid=142&view=1>

### **Peer education**

Russia is currently facing one of the fastest growing rates of HIV/AIDS worldwide. The rate of newly infected people has doubled every 6-12 months since 1995. Over a quarter of a million people were registered as living with HIV/AIDS in Russia in 2003<sup>1</sup>, but unofficial estimates put the total number of people living with HIV/AIDS at over one million.

While injecting drug use remains the most common method of transmission – Russia has a staggering estimated 3 million injecting drug users - there is now a worrying trend towards sexual and mother-to-child transmission of HIV/AIDS and a related increase in the registered number of infected women. As tuberculosis (TB) – the leading killer of people infected with HIV – continues to spread across the country, Russia is now facing the very real threat of a dual epidemic. Crucially, this epidemic is hitting the younger generation (aged 15-30) hardest and if left unchecked, is predicted to reduce the country's Gross Domestic Product (GDP) by 14% in 2045<sup>2</sup>.

RRC is contributing to the fight against HIV/AIDS through its peer education programme aimed to increase awareness of HIV and drug abuse among youth in Krasnodar Krai, Tver, Voronezh and Lipitsk regions running May 1 – October 31, 2004.

Key activities during the reporting period include:

- Selected peer education instructors, trained by RRC staff and professionals (including AIDS centre staff, professional psychologists), conducted seminars for youth on HIV/AIDS prevention to increase HIV/AIDS awareness among the younger population in educational institutions, youth/seasonal summer camps and detention centres.
- 24 meetings were held on methodological and professional support to instructors (trainings, discussions)
- RRC took advantage of the media to promote their project, broadcasting radio and TV spots and printing advertisements in local newspapers.

### **Impact**

This programme is a logical continuation of the other peer education programmes implemented by RRC in the past. Youth awareness on HIV/AIDS preventive measures, drug addiction and sexually transmitted infections (STIs) - and as a result their potential to avoid contracting HIV and STIs - has been improved thanks to training seminars and activities conducted by Red Cross youth peer educators. Questionnaires conducted pre- and post- seminar indicate increased levels of awareness of HIV/AIDS and related issues among the seminar participants (*please refer to table 5 below for more details*).

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<sup>1</sup> Federal Scientific and Methodological Centre for AIDS Prevention statistics

<sup>2</sup> United Nations Development Programme (UNDP) report February 2004 [Reversing the Epidemic: Facts and Policy Options](#) [www.undp.org](http://www.undp.org)

RRC work on HIV/AIDS preventive measures has attracted new young volunteers, increasing RRC capacity to continue inexpensive HIV/AIDS prevention work in the future. Negotiations and cooperation with local authorities and organisations working in similar fields has also developed the RRC profile and led to further acknowledgement of the Red Cross role in HIV/AIDS prevention in the implementation regions.

**Table 5. Peer education activities in Krasnodar, Lipitsk, Tver and Voronezh, August – September 2004**

		<b>Krasnodar</b>	<b>Lipitsk</b>	<b>Tver</b>	<b>Voronezh</b>	<b>Total</b>
<b>Distribution of information</b>	Number of publications in mass media	0	2	2	0	4
	Number of presentations/ TV/ Radio spots	1	1	2	15	19
	Number of information materials distributed	4500	19744	2300	4220	30764
<b>1.5 hour seminars/ workshops for teenagers</b>	Number of seminars	47	59	41	47	194
	Number of people participating in seminars	1077	1077	710	969	3833
	HIV/AIDS awareness before seminar	40%	43%	43%	40%	-
	HIV/AIDS awareness after seminar	82%	82%	81%	76%	-
<b>Professional support for peer educators</b>	Number of group meetings/ training sessions for peer educators	2	2	5	15	24
	Supervisions by project coordinator	1	2	1	-	4
<b>Volunteers recruited</b>	Number of volunteers recruited through peer education sessions	2	6	7	0	15
<b>Regional activities</b>	Number of regional activities	1	4	1	2	8
	Number of people participating in regional activities	300	1600	300	800	

In **Krasnodar**, where peer education work has been ongoing for 4 years, peer educators attracted new interest in their activities through conducting successful sessions at summer camps. As a result, the programme has expanded to cover different schools. Local authority designated “health days” also provide additional opportunities for RRC to hold HIV/AIDS and first aid sessions in schools. In addition, RRC is in the process of negotiating ongoing financial support for the programme from a private donor.

In **Lipitsk** local authorities provide financial support to the RRC peer education programme. As a result, peer educators have resources to visit schools etc. in rural areas and reach a wider sphere of the population who often have less knowledge and information on HIV/AIDS issues than urban populations. In addition, locally raised funds are used to print calendars and other promotional materials to raise awareness of HIV and promote tolerance.

**Tver** RRC branch has expanded its work to include information on blood safety awareness on the initiative of the new branch chairperson who is also head of the regional blood service. Tver has been selected as 1 of 10 regions throughout Russia for financial and technical support for HIV/AIDS projects from the Global Fund, which implies a greater scope of HIV/AIDS prevention and activities throughout the region and offers potential for more government support to Red Cross programmes in the future.

In **Voronezh**, strong relations between the RRC chairperson and local authorities have resulted in significant support for the peer education programme. As a result, RRC has been granted authorization to conduct peer education sessions in youth detention centres, where the target group includes the detainees and also permanent prison representatives who attend meetings as observers. Peer educators in Voronezh also work on a rotational basis – the volunteers form different groups each time they carry out peer education sessions, and this rotation facilitates better knowledge sharing and learning from best practice.

Finally, knowledge of RRC and its humanitarian work in Russia has been increased through the programme, through media broadcasts and the activities themselves (seminars, public events etc.).



**“I have AIDS – hug me, you won’t harm yourself”. Peer educators design and distribute promotional materials like this to reduce anti stigma and increase tolerance of people living with HIV/AIDS**

### ***Recommendations***

RRC experience and methodology developed over the years of peer education work has been successfully used in training procedures but needs to be upgraded on regular basis (through training-for-trainers seminars), especially in the fields of professional health issues and presentation techniques. RRC representatives of all participating regions have expressed their wish to continue programme implementation, using their own capacity and resources, after external support ceases.

### ***Outside the appeal***

In February 2003, the RRC Irkutsk Branch launched the Care and Support to People Living with HIV/AIDS programme. Under the guidance of the Red Cross, the Information and Counselling Centre named "Steps" was established, where RRC provides general information on HIV/AIDS, psychological counselling, legal advice and hotline services. RRC Irkutsk Branch is working in three fields of HIV/AIDS epidemic prevention and resistance: initial prevention - peer education; harm reduction; care and support to people living with HIV/AIDS. The branch conducts big promotional events yearly, in collaboration with mass media, to promote World AIDS Day.

Irkustk RRC branch has been implementing similar programmes since 1999. As a result of its experience of programme implementation, the branch develops information materials and questionnaires that are adapted for each target group, for example for rural and urban young people. The branch also recommends that to prevent the further spread of HIV infection, it is desirable to implement a complex of activities and work with different target groups, i.e. with healthy people, risk groups and people living with HIV/AIDS.

## Health and Care

**Programme Objective:** Targeted vulnerable population of Russia benefit from high quality social care and support in health sphere through services provided by the strengthened Russian Red Cross.

**Table 6. Donor support and implementation timeframe of health activities within the appeal**

Programme	Regions	Donor Support	Implementing timeframe
<b>TB</b>	Tomsk, Buryatia, Kemerovo	British Red Cross/ DFID <sup>3</sup>	May 2001 – August 2004
	Pskov, Belgorod, Khakassia	USAID <sup>4</sup>	October 2001 – September 2007
	Khabarovsk	USAID	Confirmed
	Murmansk, Archangelsk, Karelia	Norwegian Red Cross (bilateral)	2001 – ongoing (Karelia planned for 2005)
<b>Visiting nurses service</b>	Taimyr	Icelandic Red Cross	April 2004 – ongoing
	Nizhny Novgorod, Smolensk	Lars Amundsen Foundation	March – October 2004
<b>HIV/AIDS peer education</b> (see Humanitarian values section for details)	Krasnodar, Lipitsk, Tver, Voronezh,	Swedish Red Cross	May – October 2004
	In all North West regions of Russia (except Leningradsky oblast)	Norwegian Red Cross (bilatera l)	ongoing
<b>Support to people living with HIV/AIDS</b>	Irkutsk	American Red Cross (bilateral)	2003 - ongoing
<b>Support to vulnerable elderly people</b>	Ryazan, Bryansk	Private donor	June – July 2004

### **Support to most vulnerable TB-patients undergoing DOTS treatment**

The programme complements regional TB services in civil society and the penitentiary system, particularly in health education and promotion, involving the Visiting Nurses Services of the RRC in monitoring Directly Observed Treatment-Short Course (DOTS), and using social and nutritional support as treatment incentive for the most vulnerable patients. The programme continues to strengthen diagnostic capacities by supporting trained staff, new laboratory equipment and procedures. There is also a strong focus on raising public awareness of TB and HIV. In the long term, RRC and the Federation aim to transfer responsibility for programme implementation to local authorities with continued auxiliary assistance from the RRC network of visiting nurses.

During the reporting period, all regional Red Cross branches continued the realisation of programme activities to meet programme objectives and target the group identified in the Annual appeal 2004 (For further details, please refer to the appeal at [http://www.ifrc.org/cgi/pdf\\_appeals.pl?annual04/018204.pdf](http://www.ifrc.org/cgi/pdf_appeals.pl?annual04/018204.pdf)). In all regions, the RRC efforts in TB control are highly appreciated by local authorities and TB services.

### ***Tomsk, Buryatia and Kemerovo***

Due to reallocation of funds by DfID, the programme was terminated in August 2004, earlier than originally planned. RRC and the Federation have established alternative financial support to ensure programme sustainability and completion of treatment for those TB patients already included in the programme. Russian Federation TB services and local authorities have recognised RRC as an important auxiliary in the nationwide fight against TB and have committed to providing the following support: in Kemerovo, local authorities in six regions are providing social support to 200 TB patients; in Tomsk, RRC activities

<sup>3</sup> Department for International Development, Great Britain

<sup>4</sup> United States Agency for International Development

(including working with patients with multi drug resistance TB) are supported by the Global Fund; in Buryatia, responsibility for providing social support to TB patients has been handed over to local authorities.

Achievements throughout programme implementation include increased treatment adherence – social support as an incentive for treatment compliance has clearly decreased the number of *default* patients (patients not taking treatment as prescribed). In particular, psychological and legal counselling were valuable services offered to TB patients, and developed good communication between staff and beneficiaries and trust in the Russian Red Cross.

Public awareness of TB issues was raised as a result of the programme's informational and educational component. A longer term impact of this component is guaranteed by the following:

- RRC programme activities dedicated to promoting TB related issues and World TB Day - e.g. the "White Chamomile" campaign – have become regular events in all three regions.
- In the Republic of Buryatia, the Ministry of Education has included the topic "Tuberculosis" into the school curriculum.
- Advertisements about TB and the Red Cross programme are posted in trams and trolleybuses in the capital cities of all target regions.

The working and training modules developed and experience gained during programme implementation will continue to be used in other regions across Russia. As mentioned above, RRC has also strengthened relations with local authorities, attracting their support and as a result allowing RRC to continue its work in the field of providing social incentives to TB patients to improve treatment adherence.

Recommendations for future TB programmes based on evaluation of the programme include the need for action on the field of HIV/AIDS and TB co-infection, and intervention in providing assistance to patients with multi-drug resistance TB.

*For a complete report on activities in Tomsk, Kemerovo and Buryatia, please contact the Russian Federation delegation at [Moscow@ifrc.org](mailto:Moscow@ifrc.org).*

### ***USAID funded TB programme in three regions of Russia***

The original grant supporting TB programmes in three territories over three years grant has been extended to the end of September 2007 and expanded to a new territory – Khabarovsk, in the Far East of the Russian Federation. The grant supports a programme that aims to develop an effective, comprehensive, sustainable and replicable model of TB control in three regions (Pskov, Khakassia and Belgorod and Khabarovsk) in partnership with the regional authorities.

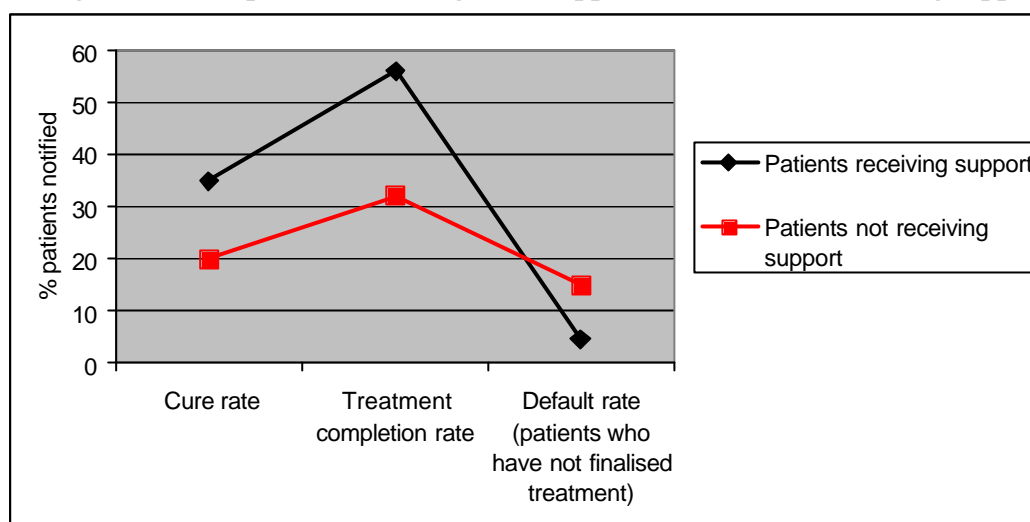
The project has five objectives:

- a) Assisting regional authorities to develop an effective TB control system;
- b) Assuring access to care and follow-up for the most vulnerable TB patients, using social/nutritional support as incentives to increase adherence to treatment;
- c) Facilitating improved links between prison and civilian TB services;
- d) Increasing preventive awareness among the general population of TB, HIV/AIDS, sexually transmitted infections and promotion of healthy lifestyles;
- e) Strengthening the institutional capacity of RRC and its Visiting Nurses Service.

The programme complements the Appeal objective, working in cooperation with regional TB services to provide TB programming support to the most vulnerable people in the region. During the reporting period, the programme in Pskov, Khakassia and Belgorod regions continued. The main achievements for the reporting period (July– September 2004) are as follows:

- Successful treatment outcomes are clearly linked to RRC intervention – results indicate that treatment results (including cure, treatment and default rates) are better where RRC intervention is in place.

**Table 7. Pskov, Khakassia, Belgorod: Comparison of average % of cure, treatment and default rates among notified TB patients receiving RRC support, and those not receiving support**



\* cure rate = cure + treatment completed

- The Project has been extended to a new territory and expanded until September 2007.
- At the workshop organized in June 2004, the Red Cross workers identified and discussed opportunities for the programme continuation after the external funds expire.
- The new training module “Beyond medical/ Better communication” – focusing on developing effective communication between all parties involved in the programme (doctors, RRC staff, patients) was finalized and tested at the first workshop. The workshop results were presented at the World Health Organisation (WHO) European office in Copenhagen, Denmark.
- RRC role in the fight against TB in Russia is becoming more widely recognised, as indicated by the number of invitations for RRC participation in high level workshops/congresses : the Medical Coordinator from the Federation Delegation was invited to facilitate the International workshop in Tartu, Estonia; the programme was presented at the Novosibirsk TB Research Institute 60th Anniversary celebrations; programme developments were presented at the third European International Union Against Tuberculosis and Lung Disease (IUATLD) Congress in Moscow in June 2004.
- Advocacy on behalf of the RRC was combined with assistance in drafting the application for the Global Fund fourth round.
- Training was provided for medical doctors, nurses and Red Cross staff working on the programme in Pskov, Khakassia and Belgorod regions through seminars and courses.
- Statistics show that the number of default patients is significantly lower among those receiving social support from RRC than those not receiving any form of social support. Promotion of these statistics is increasing recognition of the RRC social support as a crucial component in the fight against TB.

*For further information on the USAID funded programme - information activities, legal, psychological and social support and logistical operations, including distribution of social support in the form of food parcels and protein kits, and tender for laboratories equipment- please contact the Moscow delegation at [Moscow@ifrc.org](mailto:Moscow@ifrc.org).*

### **Murmansk, Archangelsk, Karelia**

In 2004, Russian Red Cross has been running support programmes to TB patients in Murmansk and Archangelsk in the North West of Russia, with bilateral support from the Norwegian Red Cross. The programmes complement existing services to improve TB patients’ compliance to treatment and treatment results through provision of protein kits and food packages to TB patients in the ambulatory stage of treatment. The three main programme components include ensuring treatment compliance of targeted TB patients; informing the public about causes and consequences of TB; developing the visiting nurses service.

Russian Red Cross, with the support of Norwegian Red Cross, intends to extend the programme to Karelia in 2005. (*For more detailed information please contact the Moscow delegation. Contact details are provided at the end of this programme update.*)

### **Development of the Russian Red Cross Visiting Nurses Service**

#### ***Support for visiting nurses service of Taimyr Red Cross branch***

**Goal:** Expansion of scope of activities of the Taimyr Regional RRC branch by creation of the Visiting Nurses Service, introduction of new forms and technologies on rendering of medical-social, psychological, preventive and information-educational help to lonely elderly people, invalids, sick people, including people affected by disasters, manmade accidents and other extreme situations.

During the reporting period, the programme implementation team (including a coordinator (the head of VNS), 3 nurses, 5 junior nurses, 1 financial manager) with support of volunteers has been assisting 85 people, 46 of whom require daily help. Activities include cleaning, shopping and hygiene and medical assistance. A medico-social room has been set up in Dudinka, the regional capital of Taimyr, which serves as a base for the visiting nurses and volunteers and has been equipped with medical supplies; the visiting nurses have also each received kits containing medical equipment to ensure the best quality care for beneficiaries.

The visiting nurses service has expanded capacity of the Taimyr Red Cross, increasing its ability to assist vulnerable people through effective, professional services provided by well trained, well equipped staff. Russian Red Cross is currently advocating local authorities for scaling up of programme support over the next three years.

#### ***Support to the Visiting Nurses Service in Smolensk and Nizhny Novgorod regions of the Russian Federation***

**Goal:** Improvement of the health and social status of lonely elderly people and invalids in Smolensk and Nizhny Novgorod regions of the Russian Federation

This programme ran from March - October 2004. Programme objectives were as follows:

- to increase coverage of beneficiaries and expand the type of medico –social assistance provided;
- to strengthen the visiting nurses service

The target group was elderly people living alone, people with disabilities, war veterans, pensioners.

**Nizhny Novgorod** has a growing elderly population (currently 1,286,491 pensioners of whom 175,629 are registered as having physical disabilities, and 21,172 are veterans of military conflict). Medical institutions do not have the capacity to provide adequate care and assistance to this large number of vulnerable people. To bridge the gap between the existing facilities and the actual need, Russian Red Cross opened two medico-social rooms in the most remote areas of Nizhny Novgorod region (in Knyagininsky and Pilninsky districts) where the local population faces particularly harsh living conditions. Since programme implementation, the visiting nurses, doctor (based at Pilninsky) and volunteers have responded to 374 requests for assistance from 107 people, 50 of whom have been registered to receive permanent support. Typical assistance includes checking blood pressure, provision of first aid, massage, vaccinations etc.

The project in **Smolensk** supported salaries of 15 visiting nurses working in 13 districts to assist 254 vulnerable beneficiaries. A medico-social room was set up at Smolensk City Red Cross branch, where nurses provide care and support to beneficiaries, carry out health education work, and which also acts as a base for a “medical loan centre”, hiring out equipment such as wheelchairs, walking sticks etc. to up to 40 people on a regular basis. The nurses worked in close cooperation with health and social welfare agencies and local authorities. Russian Red Cross capacity was expanded through recruitment of 537 volunteers, 314 of whom were trained by visiting nurses for delivering home care. The visiting nurses and volunteers also played an active part in a number of campaigns in Smolensk, including raising awareness of the Red Cross Red Crescent Movement, collecting clothes (through clothes banks set up at all Red Cross branches in the region) and books for distribution to up to 8,000 children and vulnerable people, promoting blood donation.

Since the programme began in March 2004 more vulnerable people have benefited from services provided by the Russian Red Cross. Currently, Russian Red Cross is seeking ongoing support from external donors to ensure continuation of this highly valued programme.

***Recommendations and achievements of programmes designed to strengthen the RRC visiting nurses service***

Improvement of the visiting nurses services in the three regions has been ensured through provision of technical equipment and training for the nurses themselves and the increasing number of volunteers participating in the programme. Russian Red Cross is now able to offer high quality and effective care to more beneficiaries as a result of the programme implementation and the recruitment and training of volunteers.

The three programmes are designed not only to strengthen the participating RRC branches and their visiting nurses service, but also to promote the role of the Red Cross in the field of medical social care and advocate for more substantial support for the activities from local authorities. Promotion of these activities and public events held to celebrate World Donor day etc. contribute greatly to raising the Red Cross profile in the region and meetings with local authorities have results ranging from acknowledgement of the importance of the Red Cross role to potential government support of programmes in the future.

Finally, through programme implementation, RRC fulfills the International Red Cross/Red Crescent mandate to support the most vulnerable populations and draws attention to the need of any civil society to support such groups of people.

**Provision of social help to the needy elderly population of the Ryazan and Bryansk regions**

The programme was implemented during June - July 2004. Through programme implementation, the RRC improved the social status of lonely elderly people, invalids and war veterans in Bryansk and Ryazan regions of Russia through social re-adaptation and strengthening and improving of medical – social services provided by the two participating RRC branches.

Bryansk and Ryazan regions have a large elderly population surviving on insufficient pensions, and affected by the recent changes in Russian legislation that have replaced social benefits with cash payments. Bryansk is also one of the regions affected by the nuclear disaster at Chernobyl in 1986. Throughout programme implementation, RRC supported the identified vulnerable elderly population through the following:

- purchase, assembly and distribution of 260 food parcels to 263 people (food parcels met minimum sphere standards of 2100 kcals per person per day)

All activities were monitored by programme coordinators at RRC headquarters level.

Activities targeting HIV/AIDS prevention among intra-venous drug-users through **harm reduction** initiatives and **social and psychological support to vulnerable children** have not been initiated due to the lack of funding. Russian Red Cross continues to fundraise through the International Federation, international and local donors to enable their implementation.



**Russian Red Cross distributions of food parcels provide invaluable support to some of Russia's most vulnerable elderly people**

## Organizational Development

**Programme objective:** The organisational capacity of the Russian Red Cross headquarters and selected 3-5 regions strengthened through improved coordination, strategic priorities, improved financial management, mobilisation of local resources, increased training capacities, introduction of active membership systems, and increased involvement of youth and volunteers.

**Projects designed to meet the objective:** RRC Strategic Development; Strengthened coordination role of RRC headquarters vis-à-vis the branches; Financial Management Improvement; Financial Resource Mobilisation; Capacity building at all levels; Development of youth activities.

In July 2004, RRC began implementation of its organizational development work plan, which has the following objectives:

1. Consistent and systematic organisational analysis, self-assessment, strategic and project planning is introduced into RRC regional branches' practice;
2. Coordination between RRC Headquarters and regional branches is enhanced through improved communication and information sharing;
3. Financial management and resource mobilization in RRC regional branches is improved.

During the reporting period, the following activities were completed to meet the objectives:

1.
  - Project proposal planning guidelines were discussed and refined with RRC headquarters and regional staff and programme managers, and external Non-Governmental Organisation (NGO) experts;
  - Following analysis of RRC regional branch training requirements and capacities, a new methodological training approach oriented towards more practical aspects of project planning was introduced into the project planning process (PPP) training matrix.
  - In September, as a first step towards drafting guidelines for the National Society based on Federation strategies and recommendations, "characteristics of a well functioning RRC regional branch" were drafted, specifying criteria to be matched by regional branches; the first components of RRC regional branch self analysis were also designed (current position, future plans etc. with focus on separate key subjects – target groups, membership etc.)
2.
  - In August, the "regional humanitarian passport", providing key data on regional humanitarian contexts/ vulnerabilities and RRC capacity to respond, was discussed and elaborated with RRC leadership.
  - In September, RRC initiated a process to develop the "regional humanitarian passport" into a database managed at RRC headquarters level and accessible across the country.
  - A centralized email server for all RRC regional branches, and design of an organizational development website page has been delayed until November. This is due to the heavy involvement of project staff (at headquarters and regional branches) in logistics and coordination of assistance to the people affected by the school hostage tragedy in Beslan, North Ossetia, in September this year.
3.
  - RRC assessed the resources available for adoption of a unified accounting system in 10 RRC regional branches. While unified software is installed in all 10 regions, it is only used on an operational basis in 6 regions. To resolve this problem, RRC forwarded operational guidelines to the 4 regions where the software was not being used, and held a teleconference to consolidate software knowledge. The software is now used operationally in all 10 regions.
  - In August, a questionnaire to identify acute problems and topical issues surrounding the use of the accounting software and compliance with Russian Federation tax systems was designed and forwarded to the 10 participating RRC branches.
  - In August, RRC started design of a financial management manual for RRC branches.
  - Preparations were made for a financial management training workshop on accounting and compliance with national taxation standards. The workshop was delayed until November due to

heavy staff involvement in the response to the Beslan tragedy (collecting donations, organizing logistics of the response etc.)

- Finance offices in all ten regions were computerized and provided with internet access. In four regions, financial reference software has been installed with appropriate training for staff.

## Coordination and Management

**Programme objective:** Efficient support is provided to the Russian Red Cross through coordination of partnerships and available resources, as well as in supporting the national society in developing its strategic and programme directions within the core areas defined by the Federation's Strategy 2010.

**Delegation structure.** Significant financial constraints have led to restructuring and downsizing of the Russia delegation. Disaster management, organisational development, and administrative support services have been cut. The new structure maintains a minimal administrative and technical capacity required to uphold the delegation's commitment to support the Russian Red Cross. The disaster management officer remains in the region, based at Minsk delegation.

## International Representation

**Programme Objective:** To increase the position and profile of the Russian Red Cross by providing a forum for dialogue with the government, non-governmental organisations, international organisations, and the UN with respect to engagement in volunteer-based services to assist the most vulnerable. This will include efforts to enable the Russian Red Cross to become a reliable and independent interlocutor with its government on humanitarian issues.

RRC and the International Federation have been very active in organising support for people affected by the Beslan tragedy in September 2004. Cooperation with ICRC and other international organisations and NGOs (UN etc) has been invaluable in developing an appropriate programme of assistance. For more details please refer to the latest operations update at:

<http://www.ifrc.org/where/country/cn6.asp?iYear=0&xFlag=2&countryid=142&view=1>

RRC and the Federation have attended numerous high level meetings/ congresses to promote RRC activities – e.g. HIV/AIDS conference in Suzdal, meeting of ERNA (European Network for AIDS) and TB activities (*please refer to the Health and Care section of this programme update for further details*).

In other areas, a delegation from the Swedish Red Cross visited RRC programmes, and a separate Swedish Red Cross delegation visited to discuss the newly developed module of support to the RRC organisational development department. A Norwegian Red Cross delegate is now based in St. Petersburg providing coordination and managerial support to the ten RRC branches participating in the Norwegian Red Cross winter programme.

### ***Outside the Appeal: American Red Cross***

Thanks to the generous and continuous support from the Anonymous Foundation, the American Red Cross, in close cooperation with the Russian Red Cross, has been implementing programmes to support Russia's vulnerable children for almost two years. During its 1<sup>st</sup> year, the *Support for Vulnerable Russian Children* Programme (2002-2004), aiming to improve the health and well-being of the target group children, provided multi-faceted social, psychological and educational support to 7,300 children and 1,470 parents/caregivers in 6 regions of Russia.

In January 2004, Russian Red Cross held a second round of applications for funding of children's programmes, with a focus on replication of best practice in 2003. Based on 1<sup>st</sup> year programme experience, the new round of applications kept **Improved Health and Well Being of Vulnerable Children in Russia** as a goal focused on the three following objectives:

- Improved coping behaviours used by vulnerable children to address their basic needs
- Improved capacity of at-risk families to care for their vulnerable children in the home
- Improved potential of vulnerable children to live fulfilled lives

As a result of thorough screening of 47 applications by the RRC branches, 8 small grants were awarded to the winning proposals. These included four projects continued from the 1<sup>st</sup> year (Pskov, Krasnodar, Oryol and Zhukovsky) as well as four new ones (St Petersburg, Vologda, Khakassia and Irkutsk). The duration of projects varies from three to twelve months. The 2nd year *Support for Vulnerable Russian Children* programme was launched in April 2004; all program activities are expected to be completed by end-March 2005.

#### ***Norwegian Red Cross***

Russian Red Cross is running TB programmes (please see Health and Care section above for further details), HIV/AIDS, capacity building, street children and children's support programmes in Northwest Russia with bilateral support from Norwegian Red Cross. (*For more information please contact the Moscow delegation*)

***[Please click here to return to the title page and contact information](#)***