



CPAR

Canadian Physicians for Aid and Relief

New  
Gifts

# Gifts of Change Catalogue 2019 | 2020

Real projects that create real change in Africa

# Give a gift that matters, one that brings hope and real change.

With each **Gift of Change**, money goes to projects that improve the health of communities today and in the future. With each purchase you receive a free greeting card to send the recipient to help celebrate a holiday, special occasions or to honour someone special.

Every gift described in this catalogue is a component of our programming, which takes a multi-sectoral and integrative approach to community building and has focused interventions to strengthen health systems, or address food security and nutrition, clean water, sanitation and hygiene and sustainable livelihoods – collectively called the *social determinants of health*.

**Matched gifts** leverage your support for even greater impact! With a matched gift, a government, foundation, organizational partner, or private donor couples their donation with yours, transforming more lives in Sub-Saharan Africa.

With each **Gift of Change**, you'll help families and entire communities live healthier lives.

## Three Ways to Order A Gift of Change!

- 1 Order Online at [www.CPAR.ca](http://www.CPAR.ca) or [www.giftsofchange.net](http://www.giftsofchange.net)
- 2 Call Dee at 416.369.0865 or 1.800.263.2727 ext. 31
- 3 Mail in the completed order form

*\*All items in the **Gifts of Change** catalogue represent actual items used in CPAR's programs. In the situation that we receive more gifts of an item than we can responsibly use, funds will be directed to similar work in the same program.*





\$45

SDGs



## Train a health worker

Improving the health of communities and achieving universal health coverage requires a well-trained and motivated health workforce. Improvements to training will enable local healthcare workers to function with greater effectiveness and to contribute to better quality care and outcomes.

This Gift of Change will help CPAR train health workers of all kinds, from community health workers to nurses and physicians working in regional hospitals and health centres. This helps strengthen quality of care, which improves health systems for communities at all levels, from the home to the hospital, with focus on reaching the most vulnerable populations in Sub-Saharan Africa. Help us build healthy communities that stay healthy for generations.





\$40

SDGs



## Stop malaria in its tracks

In 2017, there were an estimated 219 million cases of malaria in the world, and almost half a million malaria deaths. Africa was home to 92% of these malaria cases and 93% of the malaria deaths. With this Gift of Change we can help change these statistics. Working at all levels of government and healthcare, and with traditional community leadership, CPAR is engaging communities with awareness and prevention. Help non-government organizations, communities, and governments come together to prevent new infections, save lives and end malaria.



\$50

New  
Gift

SDGs



## Sexual and reproductive health

This Gift of Change will help improve the availability of quality sexual and reproductive health services for women and adolescent girls. The SRHR services that will be addressed include youth-targeted education and counselling about sexual development, reproduction and human sexuality; family planning (FP - unwanted pregnancy prevention, birth spacing) counseling and services; treatment and prevention of reproductive tract and sexually transmitted diseases and infections including HIV; and prevention and treatment of unsafe deliveries and birth complications including obstetric fistula (OF).



\$75

New  
Gift

SDGs



## Community led total sanitation

Poor sanitation is a significant cause of death, disease and disability in the world, especially in developing countries. According to the World Health Organization, unsafe water, and poor sanitation and hygiene kill about 1.7 million people every year. CPAR is combatting this by empowering communities through the use of Community Led Total Sanitation, an approach that mobilizes communities to appraise their poor sanitation practices, such as open defecation, and to take action. Our programs accelerate latrine coverage, improve sanitation practices and water access, and encourage schools and communities to become open-defecation free. Help villages and communities create clean environments and prevent the spread of sanitation related diseases!





## Community led total sanitation

Open defecation is when people empty their bowels out in the open instead of in a structure like a toilet. Open defecation causes contamination of water systems, which are drinking water sources for the local population. And flies can also transmit the contaminants onto people's food and drink. It is believed that poor sanitation is the main cause of over 400,000 deaths each and every year.

Rachael Banda lives in Chilowamatambe village in Kasungu District, Malawi. She is a 48 year old farmer with primary school education. It was a common practice for people in her village to practice open defecation because most households had no toilets including her household. Below is what she said;

*"Before CPAR came to my village, many of us we had no toilets including myself. I was using my neighbour's toilet and my children were going into the bush. Many people were suffering from diarrhea and other stomach illnesses throughout the year. CPAR taught us the importance of proper hygiene and demonstrated how to properly wash our hands and, the benefit of having toilets. CPAR trained us on how to build toilets. Since we built our toilet, diarrhea is longer a problem in our family and our village has had fewer problems with diarrhea and less people practicing open defecation."*

\$25

SDGs



## Community radio

Low income people living in Sub-Saharan Africa have limited access to health information and educational outreach is hampered by low levels of literacy.

That's where community radio steps in. Radio remains one of the most popular tools in homes across Sub-Saharan Africa for the rich or poor, literate or illiterate, adult or young, both in cities and rural areas. Radio broadcasting contributes to improved health outcomes by providing information about health rights, risks, disease prevention and better health. This gift contributes to important information reaching the people who need it most. Help spread the word!





\$100

New  
Gift

SDGs



## Emergency health care services

It is estimated that nearly half of all deaths and a third of disabilities in low- and middle-income countries result from conditions that could be addressed by emergency care.

This gift, will help improve medical emergencies health outcomes. It will help train healthcare providers on comprehensive **emergency healthcare services**, provide scheduled mentorship and reinforce the provision of emergency healthcare services at health centres and hospitals.



\$50

### SDGs



## Plant a tree

Trees are valuable resources that provide food, fuel and shade. They nourish the soil and protect it from run-off and erosion. Fruit trees such as mango, papaya and banana are also an important source of nutrition. With this gift of 100 tree seedlings, you will help lay the groundwork for healthy environments, families and communities. Your gift of Plant a Tree includes tree seedlings and tools, along with training on nursery management.

**Since its inception, CPAR has planted more than 76,815,000 trees in Sub-Saharan Africa.** Plant a Tree and help improve the environment, and the health of families in Sub-Saharan Africa.





\$150

SDGs



## Supply a hospital

Poorly equipped hospitals pose high risks to patients' lives at a time when they are most in need. The risks are even greater in rural hospitals, which have a higher share of emergency injury cases. A lack of proper medical equipment can make the difference between life or death, or a lifetime of disability. In the rural health centres where we work, none of the emergency rooms have even the most basic of equipment such as ECG monitors, defibrillators, incubators, back boards, oral airways, nasopharyngeal airways, suction machines, or even pediatric blood pressure cuffs. This Gift of Change contributes to supplying hospitals with essential equipment so that health workers can more effectively address the immediate needs of families living in remote towns and villages.



## Greatest need

\$Any  
Amount

### SDGs



Give where your help is most needed! CPAR has improved the health of vulnerable communities in some of the most remote and underserved areas in Sub-Saharan Africa since 1984. We've supported and delivered programs to build the capacity of health care workers and health systems. Our projects have helped increase food security and improve nutrition, strengthened livelihoods, provided access to clean water, improved sanitation and hygiene, and provided emergency aid. Whether it's improving the survival rates of mothers and babies, providing training for front line emergency workers or helping provide clean water, your gift of **Greatest need** will improve the lives of families in Sub-Saharan Africa.





## Health System Strengthening (HSS) at Fitch Hospital

Dr. Michael A. C. Marriott is one of the volunteer Canadian doctors who took part in the HSS project in Fitch, Ethiopia. This multi-year partnership aims to strengthen the capacity of Fitch Hospital staff and ensure the effective delivery of emergency medical services to its community.

*"What first struck me about Fitch Hospital was how busy the hospital was. There was a long line of patients waiting for care in the corridors and hallways, many of them emergency cases. The hospital is very underfunded. What little equipment is available is in poor condition. There is a lot of work that needs to be done. With Canadian support and input, however, the extremely capable and highly engaged staff at Fitch Hospital will, no doubt, be able to offer their people much improved healthcare and the hospital will acquire the much needed equipment needed."*

# THE GLOBAL GOALS

For Sustainable Development

Since its inception in 1984, CPAR's programming has prioritized many of the now key global objectives as outlined by the United Nation's 2030 Agenda for Sustainable Development.

Throughout this catalogue you will notice how each **Gift of Change** contributes towards the UN's Sustainable Development Goals (SDGs).





# Order Form

Mr./Mrs./Ms./Dr.

Name: \_\_\_\_\_  
 Company Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_ Prov: \_\_\_\_\_ Postal Code: \_\_\_\_\_  
 Home Tel: \_\_\_\_\_ Email: \_\_\_\_\_

Do you wish to receive your tax receipt ☐ I do not need a card  
 by email? ☐ Yes ☐ No ☐ Please mail/email  
 Please make the receipt card to my attention  
☐ in my name ☐ or company name ☐ Please mail/email  
 a card to my recipient

## Recipient Information

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_ Prov: \_\_\_\_\_ Postal Code: \_\_\_\_\_  
 Email: (for e-cards) \_\_\_\_\_  
 Occasion: (ie: birthday) \_\_\_\_\_  
 Gift Item: (ie: tree) \_\_\_\_\_  
 From Name: \*as it will appear on card \_\_\_\_\_  
 Message: (Please print) \_\_\_\_\_

## Payment Information

My cheque is enclosed (Made payable to  
 Canadian Physicians for Aid and Relief) OR  
 Please deduct my gift from my

☐ VISA ☐ Mastercard ☐ AMEX

Name on card: \_\_\_\_\_

Card #: \_\_\_\_\_

Expiry date: \_\_\_\_\_

Signature: \_\_\_\_\_

WE RESPECT  
YOUR PRIVACY

We will never trade or sell  
your recipient's contact  
information.

Please attach additional  
sheets to purchase gifts  
for additional recipients.

Please turn over >

# Gifts that make double the impact!

Honour a friend/loved one in your life, and create healthier communities in Africa at the same time!

Gift Item	Price	Qty	Total	Honoree
Train a health worker	\$45			
Stop Malaria in Its Tracks	\$40			
Sexual and Reproductive Health	\$50			
Community Led Total Sanitation	\$75			
Community radio	\$25			
Emergency Health Care Services	\$100			
Plant a tree	\$50			
Supply a hospital	\$150			
Greatest Need	\$any amount			
Total			\$	

Shop today! [www.giftsofchange.net](http://www.giftsofchange.net)

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