

# Change a life

## Laos - January 2009 update

### Phongsaly Health and Livelihoods Project

Change a life is very excited to report that the Phongsaly Health and Livelihoods Project has successfully achieved its objectives of positively impacting over 1,700 people in six villages in Laos.

December saw the completion of the project and Change a life donor contributions have achieved the following:

1. Basic medicines and treatments now readily available in 6 villages

By the end of the project each village had access to a sufficient level of medicine and treatment supplies, and managed a revolving fund to help maintain medicine stocks. The project also provided training to village health volunteers, helping them effectively diagnosis and treat common ailments.

2. Clean water supply and toilets now easily accessible in 6 villages.

At the completion of the project, each village had a completed system delivering clean water directly into the village, and a village management committee to maintain it. A total of 339 families, more than 1,700 people, access the improved water systems and benefit from the construction of 182 latrines.



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3. For the first time trained female birth assistants can support women through labour.

Female volunteers were trained to support mothers through labour and given medical utensils and cleaning supplies for a safer and sanitary delivery. This activity is one of the only examples of women's health care support provide by women in these districts.



4. New livelihood and income generating opportunities identified in 6 villages.

Across 6 villages, three highly promising products have been identified: cardamom, galangal and green tea; along with two additional products that show some promise: broom grass and bamboo shoots. Market chains and key players have been identified with each village linked to local markets via middle-traders dealing in these products. Villagers purchased tea seedlings and other seedlings demonstrating a strong commitment to pursue the agro-enterprise opportunities.