

Pacific Regional
Office

Local community action for more resilient communities in the Pacific

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Blood Drive



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What you can do?

- ✓ Organize a youth blood drive, during youth meetings and camps
- ✓ Organize community sports with blood donor recruitment drive
- ✓ Promote the “Know your Blood Type” campaign
- ✓ Promote donations of blood during first aid training



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Facilitator Notes

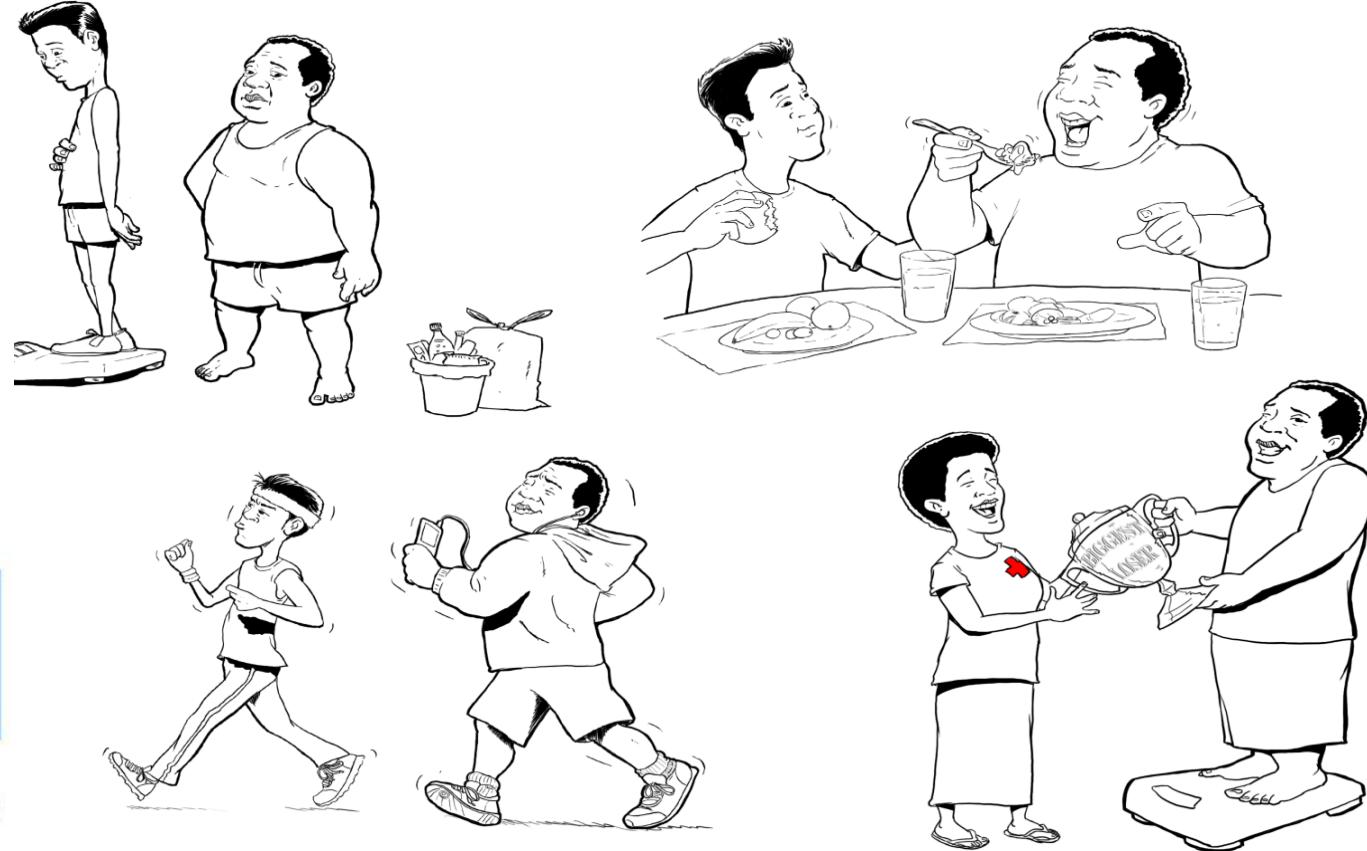
Why is Blood Drive Important for DRR? – Mitigation and Preparedness! Risk Reduction!

- *Link blood drive to discussions about safety during disasters and to first aid*
- *Knowledge building and awareness on blood donation is important for emergency preparedness and should be established before disaster strikes*
- *The community can contribute to an appropriate supply by donating blood on a regular basis i.e. organize activities that coincide with holding blood drives within communities*
- *You can create the same links to non communicable diseases (NCDs) and to emergency preparedness and response*



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Biggest Loser Competition



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What you can do?

Organize any form of activities relevant to the community like for example:

- ✓ Daily 30 minute group walks
- ✓ Zumba or local dancing
- ✓ Eating local healthy foods
- ✓ Regular weight and health check-ups
- ✓ Weight loss competition



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Facilitator Notes

Why is the Biggest Loser Competition important for DRR? – Mitigation and Preparedness! Risk Reduction!

- *Tie into discussions on health and nutrition during disasters, including need to be able to evacuate quickly*
- *Use gatherings to raise awareness, through the sharing of information, practicing of a drill/evacuation*
- *This is an opportunity to tackle NCDs, to get fit, to become physically resilient*
- *Get fit and healthy to be a healthy blood donor*
- *Keep blood donors engaged and interested e.g. Club 25, sports groups and maintenance of healthy weight*
- *Think “NCD risk reduction!”*



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Red Cross Branch Partnerships



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What you can do?

- ✓ Organise a presentation on Red Cross local programs for partners in the community (businesses, government, leaders/chiefs, women's councils/groups, school, youth groups)

- ✓ Discuss possible partnerships for humanitarian action

- ✓ Invite community leaders to Red Cross events



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Facilitator Notes

Why are *Branch Partnerships* Important for DRR? – Mitigation and Preparedness! Risk Reduction!

- ✓ Great opportunity to promote stronger linkages and relationships between:
 - community based organisations, local government, local business houses and community leaders for addressing disaster risk reduction activities
- ✓ Use international and national theme celebration days to discuss common approaches; e.g. for WASH activities sharing of technical expertise and resources leads to good outcomes for the community
- ✓ Service delivery becomes more cost effective when all working in partnership; i.e.
 - will avoid duplication of effort
 - Will avoid conflicting messages and frequent community visits
 - Can combine disaster awareness and education, organising of sporting and fundraising activities, drills etc



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Conducting a Vulnerability & Capacity Assessment (VCA)



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What you can do?

- ✓ Show community members how to conduct an assessment of risk using some Vulnerability & Capacity Assessment (VCA) tools:
 - resource mapping
 - hazard mapping
 - seasonal calendar
 - trans-walks
 - focus group discussions
- ✓ Discuss results with the community
- ✓ Plan actions to reduce risk
- ✓ Take action to reduce risk



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Facilitator Notes

Why using some of the tools from **Vulnerability and Capacity Assessments** is important for DRR? – Mitigation and Preparedness! Risk Reduction!

- Activities can be designed to help communities to take one or more of the following steps:
 - ✓ Identify risks
 - ✓ Understand risks (drivers, barriers)
- Build local capacity and knowledge about DRR (not technical concepts but general ones like vulnerability and resilience, using local examples)
- Discuss risk knowledge (share experiences, coping capacity discussions, and best practices)
 - ✓ Plan actions to reduce risk
 - ✓ Take action to reduce risk
 - ✓ Monitor and discuss actions taken, so that they can be sustained and effective



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Environment Clean-Up Day



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What you can do?

- ✓ Organise regular clean up days with communities targeting:
 - roads/streets
 - around homes
 - sea walls
 - beside rivers
- ✓ Help vulnerable people put bins outside for collection (elderly and others)
- ✓ Encourage the separation of waste using RRR method (reuse, recycle, reduce)



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Facilitator Notes

Why are *Community Clean Up Days* Important for DRR? – Mitigation and Preparedness! Risk Reduction!

- *Cleaning gutters and other drainage areas can reduce risk of overflowing rivers / drains during rainy seasons, keeping connections intact can reduce inundation of clean water sources from debris / flood water*
- *Highlight linkages between environmental degradation and environmental protection, and disaster risk (i.e. mangroves and natural buffers, trash removal from rivers)*
- *Any form of activity that includes interaction with most vulnerable people increases the resilience of the entire community*
- *Recycle materials for DRR, i.e. using empty water bottles to create flotation devices*



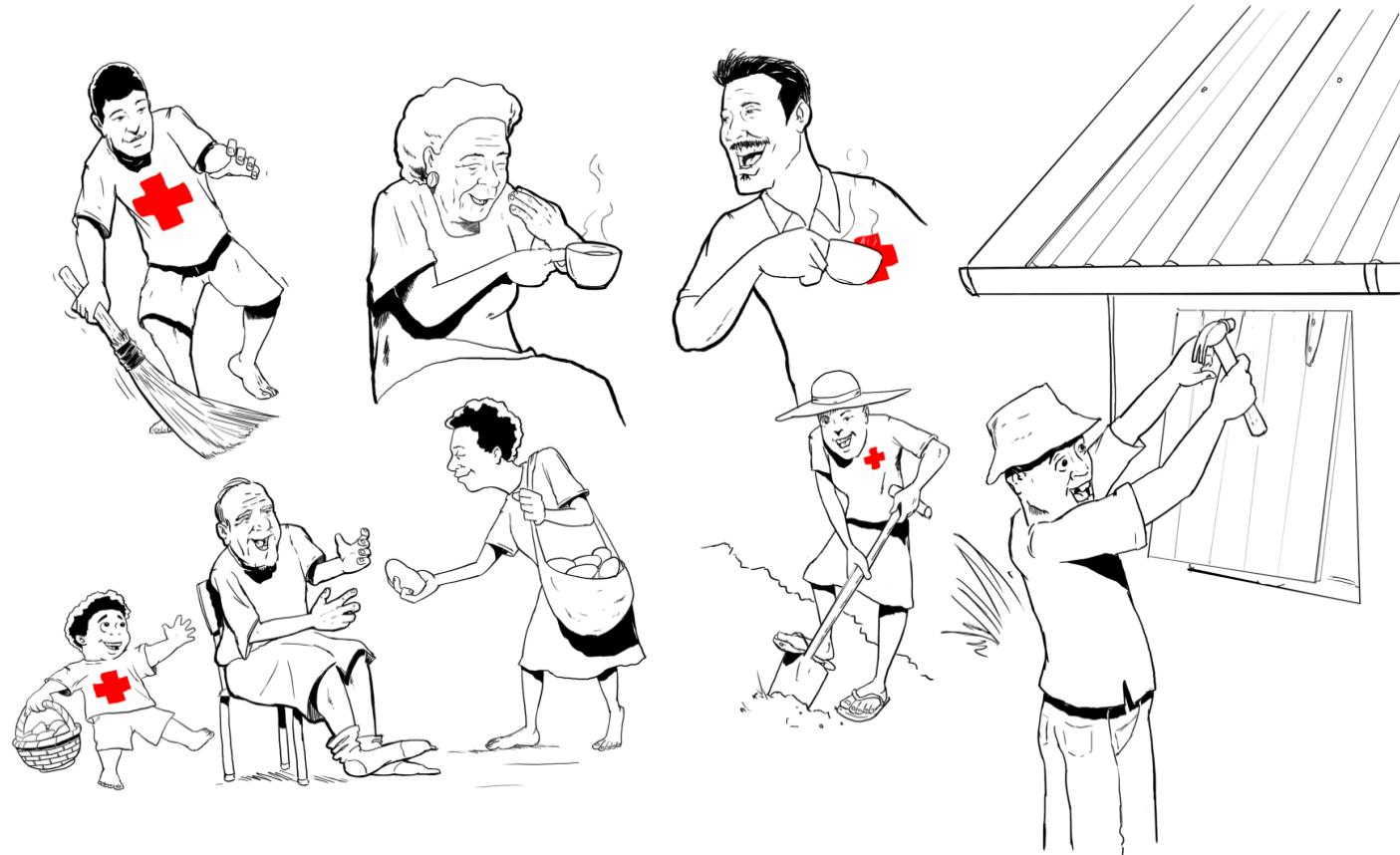
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Family visit **Red Cross call-in day**



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What you can do?

- ✓ Organize regular volunteer visits to the homes of vulnerable people (elderly, single headed households, the sick, people with disabilities, marginalised families) to:
 - clean their home and compound
 - have a chat, keep them company
 - Provide fruit/healthy foods
 - wash their clothes
 - talk about preparing for a hazard
 - tie down their roof for cyclone preparedness
- ✓ Ensure there is good gender balance in your volunteer and beneficiary group



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Facilitator Notes

Why are Red Cross call-in days important for DRR? – Mitigation and Preparedness! Risk Reduction!

- Can be VCA oriented; volunteers can gather information about past and current risk
- identify location of most vulnerable populations and include this knowledge in planning
- Support vulnerable populations through mitigation activities such as strengthening of infrastructure (i.e. raising of water tanks, putting hooks on roofs so they can be tied down)
- Can be used for general awareness and knowledge sharing, hazard specific (what to do in the event of a cyclone),
- Vulnerability specific (how to ensure that elders are able to evacuate if they need additional assistance), resilience specific (sharing stories of traditional knowledge on earthquake resistant building practices), etc
- Learn from them – ask about changes they may have noticed in weather stories and traditional coping strategies and early warning signs (local fruit bearing seasons, animal behavior)



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First Aid Demo



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What you can do?

- ✓ **Organize demonstration for community members to learn and know basic First Aid**
- ✓ **Discuss with your community members the importance of knowing basic first aid in times of an emergency and disaster**



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Facilitator Notes

Why is First Aid Demo Important for DRR? – Mitigation and Preparedness! Risk Reduction!

- *Use athletes/sport clubs for a volunteer recruitment drive in community DRR activities*
- *Can be paired with drills, i.e mock evacuation exercise*
- *Great opportunity to partner with local sport clubs e.g participating in environmental cleanup day, blood donor drive etc*
- *Raising awareness on safety and opportunity for learning basic first aid*



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First Aid Standby Team



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What you can do?

- ✓ Learn and be prepared to assist in First Aid at Sports events
- ✓ Red Cross Volunteers provide first aid during a sporting event in the community
- ✓ Talk to local sports clubs about First aid training



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Facilitator Notes

Why is First Aid Standby Important for DRR? – Mitigation and Preparedness! Risk Reduction!

- ✓ *Builds local capacity for response*
- ✓ *Identify needs for stockpiling of emergency / first aid kits*
- ✓ *Recognize local reps of existing groups, i.e. youth, teams that can train others in community on first aid*
- ✓ *Train women as first responders in household injuries.*
- ✓ *Youth as agents of emergency response in sport activities.*
- ✓ *Train men as responders in farms and work places*
- ✓ *Knowledge building on injury prevention; can be hazard specific*



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Handwashing



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What you can do?

✓ Wash your hands before:

- preparing food
- feeding a child
- breastfeeding
- taking care of someone who is sick

✓ Wash your hands after:

- blowing your nose, sneezing or coughing
- going to the toilet



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Facilitator Notes

Why is handwashing important for DRR? – Mitigation and Preparedness! Risk Reduction!

- *Preventing infection spread through education and provision of soap for hand washing to promote good hygiene.*
- *Education of community on coping with reduced level of basic services during disasters e.g. hygiene promotion*
- *Knowledge building on hygiene best practices should be established before a disaster occur; but is essential to remember during times of disaster, due to displacement, the contamination of water sources, and lack of access to regular supplies and services and spread of diseases*



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Healthy Food Competition



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What you can do?

- ✓ Organize a traditional and local food competition with the theme of disaster preparedness

- ✓ Organize a healthy food cooking demonstration

- ✓ Demonstrate gender balance in preparing food

- ✓ Promote eating healthy local foods



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Facilitator Notes

**Why a *healthy food competition* is important for DRR? –
Mitigation and Preparedness! Risk Reduction!**

- Use organized events to also discuss food security during disasters and during rainy and dry seasons:
 - ✓ How can food be safely stored?
 - ✓ Can the community keep a stockpile of seeds?
 - ✓ How can we stay healthy in emergencies?
- Make sure to include women in the training and acknowledge who (men? women?) generally prepares and gathers food
- Ask the community to think of what may be the different nutritional needs of the most vulnerable community members, i.e. infants and children, single-parent households, women (breastfeeding / pregnant), elders



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Movie Night



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What you can do?

- ✓ Show a movie to fundraise for Red Cross activities, ensure that you always announce the amount collected

- ✓ Promote Communal Unity

- ✓ Share educational documentaries/ themes

- ✓ Talk about Red Cross work



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Facilitator Notes

Why a **Movie Night** Important for DRR? – Mitigation and Preparedness! Risk Reduction!

- *Use gatherings to raise awareness, through the sharing of information, through drill/evacuation*
- *Show a short documentary before/after the film on DRR and have some discussion relating it to their community*



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Radio Talk Back Show



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What you can do?

Organize a radio talk back show with your local radio station and speak about:

- ✓ **community health issues such as typhoid, dengue fever, malaria, diarrhoea, skin rashes**
- ✓ **non communicable diseases and healthy living**
- ✓ **disaster preparedness, including climate predictions and related preparedness**
- ✓ **Red Cross humanitarian actions and values**



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Facilitator Notes

Why are *Radio Talk Shows* Important for DRR? – *Mitigation and Preparedness! Risk Reduction!*

- *An opportunity to share information on disaster risk with a wide audience*
- *Have ‘guest speakers’ from Red Cross chapters or other organisations talk about DRR*
- *Use existing Red Cross information pamphlets to support the show i.e. what to do to prepare for cyclone season, warning signs of tsunamis etc*
- *Use established radio channels for early warning*



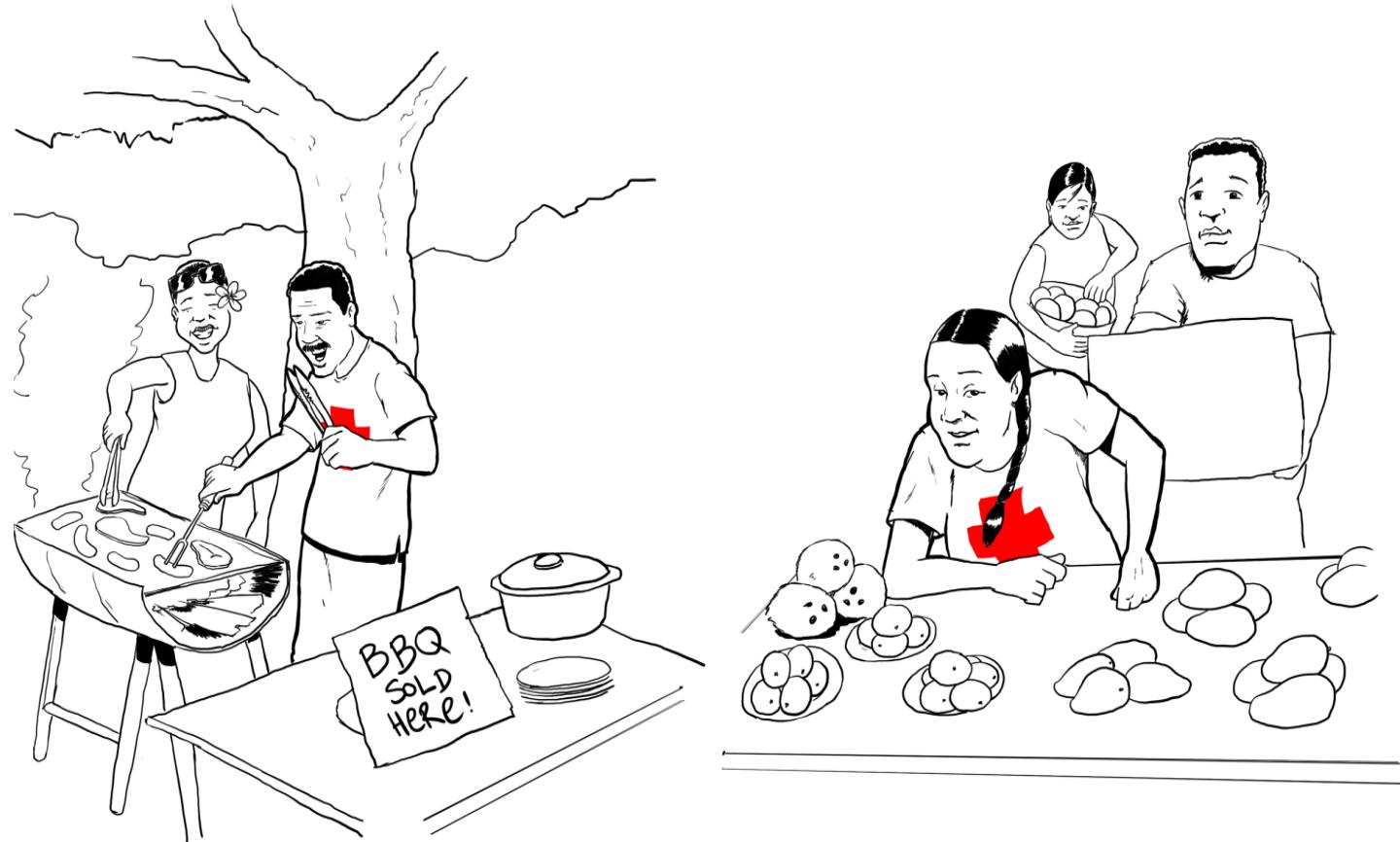
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Red Cross Fundraising Day



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What you can do?

**Organize Talk show with your local radio station
on:**

- ✓ Fundraising activities for the branch
- ✓ Cooking and selling local food and good hygiene
(wash your hands, cover food)
- ✓ Selling fruits and vegetables, having clean water available for customers for cleaning fruits before eating



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Facilitator Notes

Why is *Fundraising* Important for DRR? – *Mitigation and Preparedness! Risk Reduction!*

- *Use gatherings to raise awareness, through the sharing of information, practicing of a drill/evacuation*
- *Activities can include quiz shows on disaster risk knowledge*
- *Fundraising can be put towards community requested structural mitigation (i.e. repairing of community communal water tanks or building of river bank and sea walls, installation of rain water gauges to be used for early warning, etc.)*
- *Activities (Selling of local fruits and cooked food) to raise awareness on NCD (non-communicable diseases) and practicing better hygiene practices.*
- *Health information sharing. Utilize Youth as agents of behavior change and fund raising. Promote self sustaining fundraising activities; e.g House help activities, gardening, A Community gathering tin shake*



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RC Fashion Show



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What you can do?

- **Organize a Red Cross Fashion night with your community**
- **The fashion night theme can lead to a Red Cross activity:**
 - ✓ **Blood Donor day, First Aid day, World AIDS Day,**
 - ✓ **International Disaster Risk Reduction Day, International Volunteer Day, International Environment Day**



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Facilitator Notes

Why a RC Fashion Show Important for DRR? – Mitigation and Preparedness! Risk Reduction!

- *Use gatherings to raise awareness, through the sharing of information, practicing of a drill/evacuation, etc.*
- *Show a short documentary relating to DRR and disaster*
- *Invite a guest speaker to talk about disaster risk reduction and community resilience*
- *Can be an endpoint (closing event) of a local awareness campaign*



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RC Sports Day



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What you can do?

- ✓ **Organize sport events in the community. This allows everyone to make time to do some physical movements/exercise together**
- ✓ **Exercise has no age limit or gender...!**
- ✓ **Organize some fun outdoor activities for all**



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Facilitator Notes

Why are *Sports Day* Important for DRR? – *Mitigation and Preparedness! Risk Reduction!*

- *All activities should support considerations of gender, culture, and special needs groups including women, youth, elders, and people living with disabilities*

Sports Days: Be Active, Be Aware! (What you can do?)

- *Start the day with the organizing a mock evacuation, where everyone has to make their way to where the event will occur, or another gathering space*
- *Talk to community members on how or if the space where the sports day will be held can also used as an emergency shelter or evacuation point; What infrastructure is available? What is missing?*



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School Dissemination



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What you can do?

- ✓ Organize school talks on safety in times of disasters
- ✓ Conduct basic first aid training
- ✓ Conduct hazard specific drills
- ✓ Conduct a hand washing demonstration
- ✓ Set-up Red Cross youth club



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Facilitator Notes

Why is *School Dissemination* Important for DRR? – Mitigation and Preparedness! Risk Reduction!

- *Child and youth participation in disaster risk reduction*
- *Child rights and disaster risk reduction*
- *Activities for preparedness (first aid training, safety), including drills*
- *Information dissemination to students and teachers*
- *Include formal and informal education campaigns, i.e. talking to classes, reaching out to those not attending school through evening games and meetings*
- *Use youth links/clubs in community DRR groups*
- *Child-sensitive DRR, i.e. look at evacuation routes, sanitation practices, infrastructure and talk to children about specific vulnerabilities*
- *Child centered Vulnerability & Capacity Assessment (VCA) (through interactive storytelling, etc.)*



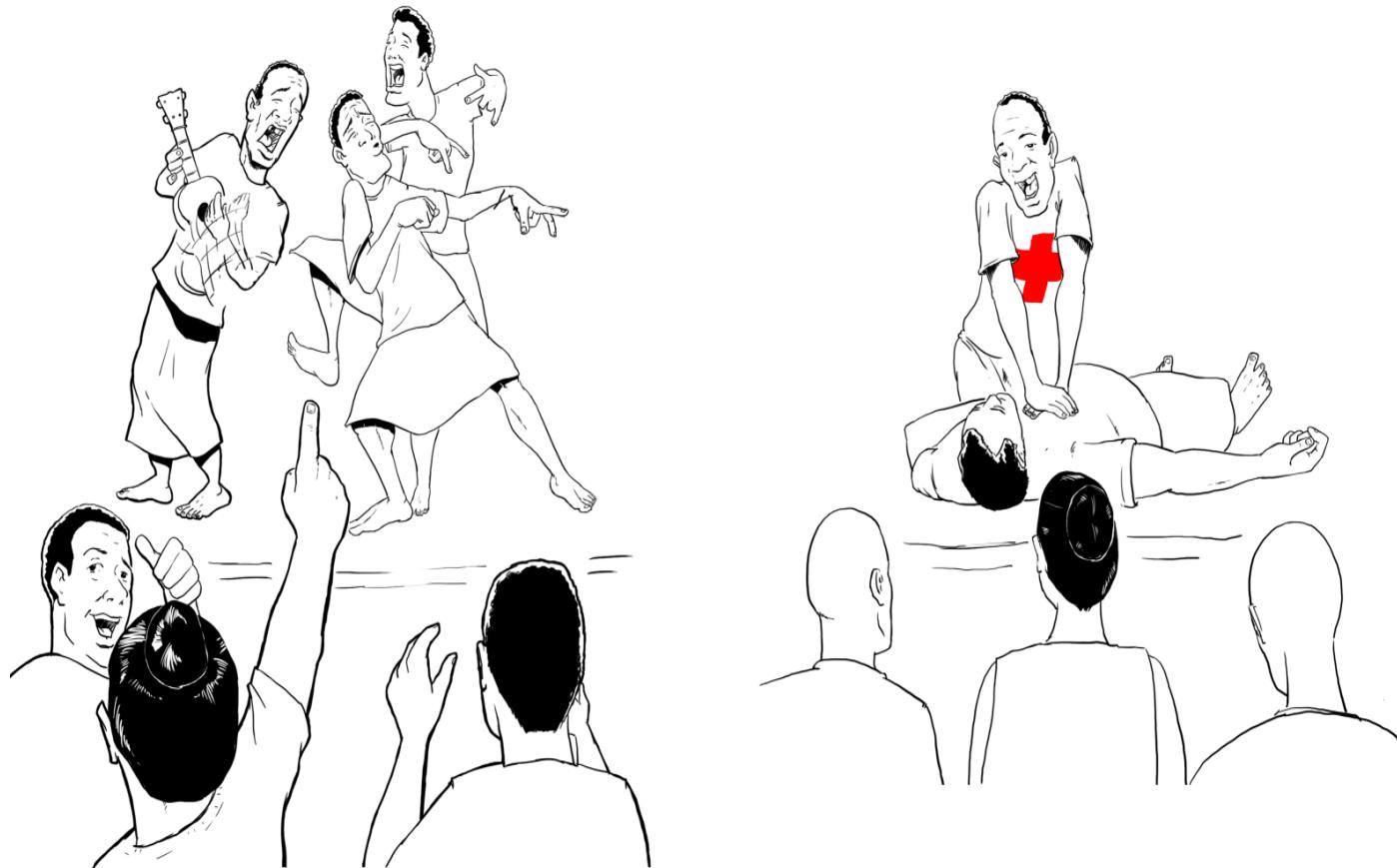
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Song, Dance, Drama



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What you can do?

- ✓ Organise community events:
- ✓ Talent shows (song competition)
- ✓ Dance- like Zumba, traditional dance night
- ✓ Drama and skit/role play nights
- ✓ Talk about some home and community safety tips



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Facilitator Notes

Why a Song, Dance, Drama Important for DRR? – Mitigation and Preparedness! Risk Reduction!

Use gatherings to raise awareness through:

- *the sharing of information,*
- *practicing of a drill/evacuation,*
- *organising a dinner event with a specific disaster theme so individuals can share information. This can be the endpoint to a local awareness campaign, i.e. highlighting wins from a poster or media competition*
- *Show a short documentary before/after the film on DRR*
- *key speaker/s to talk about community safety and resilience*



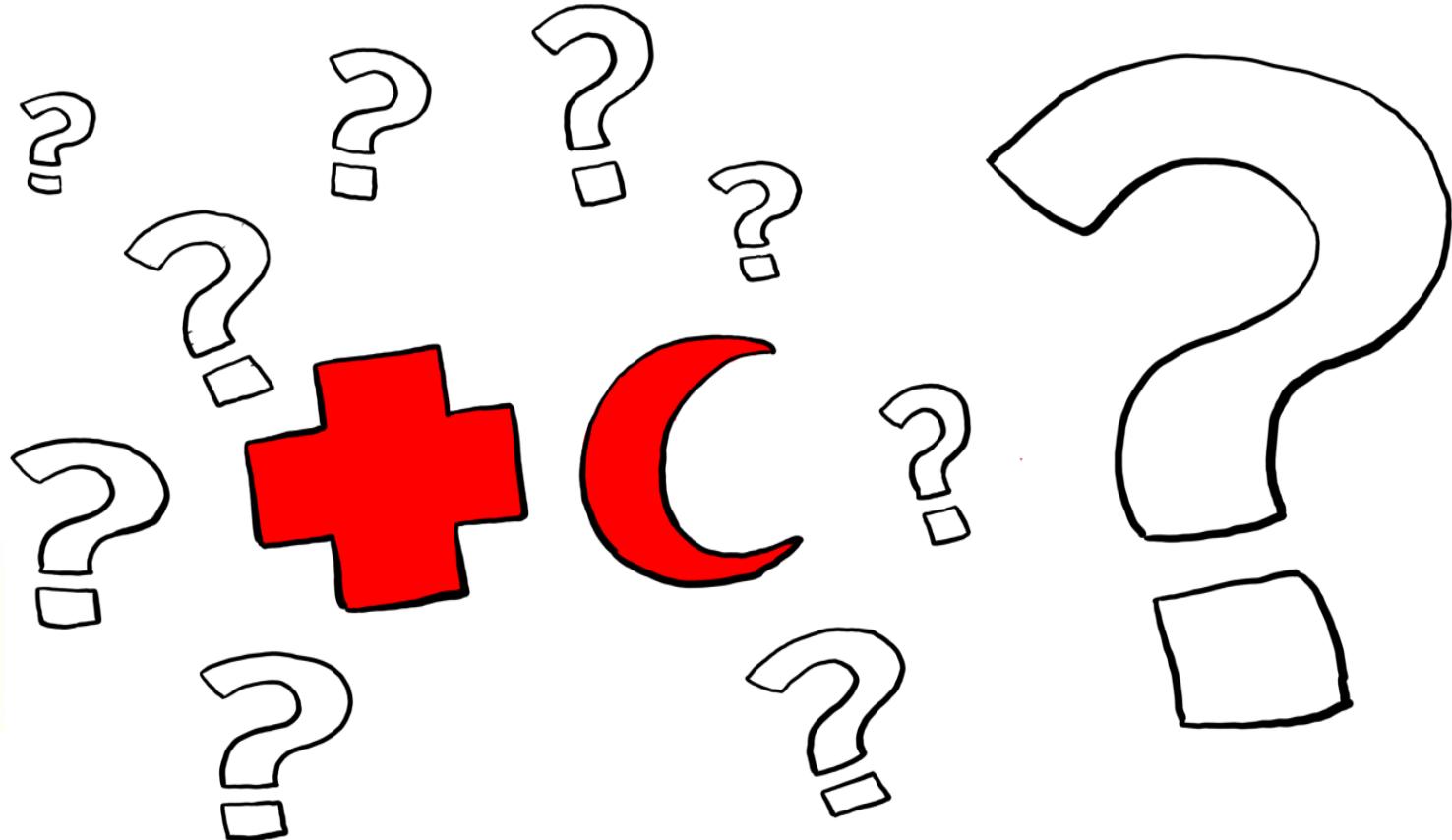
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Ten things you should know about Red Cross



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What you can do?

- **Organise a quiz competition**
- **Talk about the Red Cross 7 fundamental principles**
- **Talk about the activities conducted at the community**
- **Talk about the partnership and support from different stakeholders at community level**



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Facilitator Notes

Why is Ten things you should know about Red Cross Important for DRR? – Mitigation and Preparedness! Risk Reduction!

- Great opportunity for general knowledge and awareness raising on DRR, including hazard-specific discussions, and information on the roles and responsibilities of Red Cross during disasters
- Can talk about the 7 fundamental principles as they relate to disasters, and how activities can each play a role in reducing disaster risk (directly, i.e. infrastructure repair, and/or indirectly, i.e. increasing knowledge on good water and hygiene, sanitation (WASH) best practices
- Can use to build community organizations to support Red Cross, or identify individual volunteers



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Weather Week



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What you can do?

Suggest to community members to:

- ✓ always wash hands with soap**
- ✓ always boil drinking water**
- ✓ regularly clean roofs and guttering**
- ✓ cut down tree branches when preparing for cyclone season**
- ✓ always stock dry food in a safe place**
- ✓ tie down the roof with strong ropes during cyclone season**



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Facilitator Notes

Why is Weather Week Important for DRR? – Mitigation and Preparedness! Risk Reduction!

- Knowledge of water/sanitation should be established before disasters occur, but is essential to remember during times of disaster, due to displacement, the contamination of water sources, and lack of access to regular supplies and services
- Detailed activities can be undertaken for each hazard, i.e. clearing of trees for cyclones, monitoring of water levels for floods, strengthening of infrastructure for earthquakes, location of buildings for landslides, stockpiling of seeds for drought, early warning system for volcanic eruptions and tsunamis
- Knowledge building and awareness on climate change and disaster risk (linkages, particular vulnerabilities)
- Human activity and disaster risk (exacerbating effects of hazards, i.e. deforestation, removal of natural barriers along coasts and rivers)



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Wise Water Use



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What you can do?

- ✓ Clean house gutters and roof regularly
- ✓ Cover and protect all connection to gutters and downpipes
- ✓ Regularly check and fix leaking taps and pipes
- ✓ Keep animal waste away from water source
- ✓ Locate animals (e.g. pig pen) away from the water source to prevent contamination



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Facilitator Notes

Why is Wise Water Use Important for DRR? – Mitigation and Preparedness! Risk Reduction!

- *Cleaning gutters and other drainage areas can reduce risk of overflowing rivers / drains during rainy seasons*
- *Keeping connections intact can reduce inundation of clean water sources from debris / flood water*
- *Fixing leaking taps will limit standing water sources / preserve stocks of water for during drought*
- *Knowing and ensuring the proper location of water sources so they are not contaminated during disasters is essential; can tie into keeping animal pens away, as well as water and sanitation issues for humans, i.e. latrine placement*
- *Water storage for use during disasters*
- *Monitoring water levels can be part of local Early Warning System*



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