



Action and Care Trust: Phase 2



Menik Farm (Zone 4): ACT is supplying medicine, nutritional supplements and educational material to Zone 4. We are also constructing a community center and facilitating 112 units of temporary housing to serve IDPs in the camps.



Menik Farm (Zone 2): ACT is working with a partner to improve sanitation in this Zone, especially toilets and garbage. This is being done via supplies and by facilitating participation from local governments all over the island.



Cheddikulam: Cheddikulam Base Hospital is nearest to the camps. ACT is assisting by supplying medicine and equipment. The children's and paediatric wards also need sponsorship in the form of equipment, toys, furnishings and more.



Puvarasakulam: This hospital houses rotating patients with infectious diseases. ACT is assisting with medicine and hopes to deliver nutrition and basic amenities to the patients.



Vavuniya: Vavuniya is the largest hospital in the region. It needs constant medical support for changing medical needs. ACT supplies medicine and also promote health and well-being through improved nutrition and recreation for the children.

You can donate to Action & Care Trust at any NDB bank or via wire transfer. Account No: 100001018418, SWIFT Code: NDBSLKLX, Branch Address: NDB Bank, 103A, Dharmapala Mawatha, Colombo 7.

Please contact accounts@actlanka.org to donate and visit www.actlanka.org for further information.

Dear Sir/Madam,

RE: URGENT APPEAL FOR DONATIONS TO IDPS VIA ACT

Action & Care Trust (ACT) is a connected, transparent and action-oriented non-profit Trust. We seek your support to continue our urgent medical relief and rehabilitation work for Sri Lankan war survivors. ACT has a three phase implementation plan: Emergency Relief (Phase 1: Complete), Rehabilitation (Phase 2: Underway) and Self Sustainability (Phase 3).

ACT is not an NGO or similarly organized institution. Executive Trust Members volunteer their time. The significant advantage that ACT has is access. We have a positive relationship with the Army, Ministry Of Health, Presidential Secretariat and other relevant parties in the Sri Lankan government. This enables us to deliver goods into affected areas directly and personally. We have made medical donations during the war to hospitals in the North and currently have unrestricted access to all camps and hospitals.

Our Chairman, Professor A.H Sheriffdeen visits affected hospitals and makes recommendations on medicines and human resources needed. ACT submits these reports to the Ministry of Health, who allow us to publish the findings. Where medicines fall short, we try to meet the need and personally deliver all goods to hospitals and clinics. Goods delivered are inventoried and signed for by the receiving hospital.

Currently, we are moving into Phase 2: Rehabilitation. We deliver medicines, nutritional supplements and toys to Vavuniya General Hospital, Cheddikulam Base Hospital, Puvarasakulam Infectious Diseases Hospital, Padaviya Hospital and Menik Farm. The antibiotics, painkillers, paediatric medicines and nutritional supplements we deliver are consumed very rapidly and there is a constant demand.

Attached are reports on the present conditions of the areas in which we operate and our strategic response. The reports are compiled by ACT representatives in collaboration with area doctors. Most recently, we have seen rapid improvements in the camps but as monsoon rains come in, General Chandrasiri of the Sri Lanka Army has made urgent requests to us for cement, housing and effective waste management, to avoid the further spread of disease.

We require funds, urgently and constantly. We will provide receipts and have the authority to purchase medicine at wholesale prices. All monies raised will be directed toward medicine unless otherwise specified. We also accept donated goods, provided they are energy supplements or products specified as needed.

Action & Care Trust has been given a unique opportunity to continue to save Sri Lankan lives, either directly or indirectly. We will not waste it. Our Trust details including bank information are attached. We have made a commitment to ACT. Please join us.

Yours sincerely,

Radhika Philip
TRUSTEE

Hiranjana De Silva
TRUSTEE



Menik Farm (Zone 4) Camp

Zone 4 is an IDP camp with over 43,000 residents living in tents. These IDPs are subject to harsh physical conditions where the climate is very dry and strong winds carry dust and dirt. The medical situation in Zone 4 is much improved although complications arise and disease spreads as a result of contaminated drinking water and extreme weather conditions. Zone 4 IDPs are the last arrivals from the "Safe Zone" and as such malnutrition is still rife and makes recovery from disease very difficult. Zone 4 is also in need of rehabilitation, housing and educational facilities for children and adults.

ACT Response

ACT is coordinating with doctors at Zone 4 and delivering medicine and nutritional supplements on an on-going basis directly into clinics at Zone 4. There is a dire need for housing in this Zone and therefore ACT, in collaboration with Community Concern Society, has facilitated the construction of 112 houses by Habitat for Humanity Sri Lanka. ACT is also funding and constructing a community center. Construction for all of the above is currently underway.

How You Can Help

Medicine: ACT is dedicated to meeting the medical needs of Zone 4 and supplies the area with medicine, nutritional supplements and vitamins as often as funds permit.

Community Center: Construction has already begun, ACT requires support for educational and recreational programmes within the center, specifically toys, games, books and reading material.

If you would like to support Zone 4 please contact thamara@actlanka.org.



Menik Farm (Zone 2) Camp

Zone 2 is the largest IDP camp with over 75,000 residents. It has on-going health issues and needs special assistance on improving sanitation related to over-crowding, poor quality drinking water and extreme weather.

ACT Response

ACT is working with 3R Asia and LIRNEasia to coordinate a waste management effort with local government officials.

The above project is done in coordination with local governments in the rest of the country. They contribute skilled waste management professionals to train and work alongside the overburdened Cheddikulam staff. ACT's role is in facilitating access.

How You Can Help

Sanitation Items: On average there are approximately 100 IDPs to one toilet in Menik Farm. Each latrine needs Harpic (one bottle can clean up to 15 toilets), brushes and buckets to maintain cleanliness. Donations can provide these, which are administered directly by the Grama Niladaris (Government Agents) in the camps.

Human Resource Requirements: The supplementary waste management staff are rostered and housed in Vavuniya town and are transported daily to Menik Farm. Donors can assist by specifying their donations for transport.

If you would like to support Zone 2 please contact michele@actlanka.org.



Cheddikulam Base Hospital

Cheddikulam is the closest hospital to Menik Farm. As such, it is the main referral point for IDPs. It is where mothers deliver babies and patients are referred to for further care. The facility is fairly modern and ably run by Dr. Akilan (Medical Superintendent) and his team although it remains overburdened by the extraordinary need.

As of 10th July 2009, the hospital houses approximately 400 patients, 150 of which are children. They are served by 12 doctors, 8 medical officers and 7 consultants (2 paediatricians).

ACT Response

ACT undertakes regular deliveries of supplementary medicines to this hospital. Medicines include antibiotics, painkillers and multi-vitamin syrups. We also focus heavily on meeting paediatric needs via specific medicine for children as well as nutritional supplements. Skin ailments such as scabies and viral infections like chicken-pox spread rapidly and therefore ACT provides medication for those on an on-going basis.

There are a high number of children under five at this hospital to whom ACT supplies soft toys and activity-related games.

How You Can Help

Ongoing Medicines - ACT hopes to keep a regular donation stream to these hospitals but funds are needed to purchase medicine.

Sponsoring Paediatric Wards: One ward needs cribs. Another ward requires protection from the elements, either sheeting or tats (blinds). All the children could use more simple toys as distraction. They also need fruit and liquid nutrition, including milk powder.

Equipment: This is a village hospital dealing with a huge influx of patients. They have requested equipment for children, specifically an incubator, refrigerator, phototherapy units, neonatal resuscitation units, ventilators, inducer pumps, multi-parameter monitors, pulse oxymeters and pressure pumps.

If you would like to sponsor Cheddikulam please contact thamara@actlanka.org.



Puvarasakulam Hospital

Patients with infectious diseases are housed in Puvarasakulam. It is a small hospital but now highly over-capacity with approximately 1000 IDPs currently in residence. "Citizens Initiative" is rehabilitating this hospital, ACT is supporting Puvarasakulam via the supply of medicine.

ACT Response

ACT provides Puvarasakulam's supplementary medical needs on an on-going basis. This includes basic antibiotics as well as specific treatments for infectious diseases. ACT representatives try to support the local industry by purchasing some items in Vavuniya town, when wholesale prices match our current purchasing power.

How You Can Help

Medicine: ACT requires funding to continue purchasing medicine for Puvarasakulam.

Nutrition: The hospital diet is limited. It can be supplemented with liquid nutrition (milk powder, glucose, oral rehydration salts) and fruit.

Amenities: Puvarasakulam is unique in that it is relatively small and easily accessible from Vavuniya town. As such, it is possible to give items to IDPs directly without leaving anyone out. Items they request include bags (to keep their belongings in) and basic toiletries such as soaps, towels, toothbrushes, toothpaste etc.

To support Puvarasakulam please contact chaun@actlanka.org.



Vavuniya General Hospital

Vavuniya General Hospital is the biggest in the region. It currently has over 1,600 warded patients and over 3,000 total inhabitants.

ACT Response

ACT has been supplying this hospital with medicine, medical equipment and nutritional supplies since before the war ended and maintains close contact with staff and Dr. Bhavani (Medical Superintendent) to know and fill their supplementary needs. Vavuniya Hospital is well over capacity and houses various categories of patients including many amputees.

How You Can Help

Medicine: The medical need is ongoing and changing. The hospital has needed urgent treatment for scabies, hepatitis, meningitis and other needs at various times. Any donation toward medicine enables ACT to rapidly supply these needs as they occur.

Toys and Games: There are a large number of children at Vavuniya Hospital. For children in hospital and camps some recreation and distraction is vital to recovery. Donations of toys and games are an on-going requirement which needs financial support.

Nutrition: Healthy liquid and fruit nutrition is also vital to recovery. With donations, simple items like milk powder and fruit can be easily supplied from town.

To support Vavuniya Hospital please contact shobi@actlanka.org.

Required Items and Pricing	
Medicines	
Description	Unit price
Acyclovir 200mg (100/tab)	580.00
Acyclovir injection	780.00
Adrenaline injection	25.00
Amoxi & Clavulan syrup	165.00
Amoxicillin syrup 100ml	75.00
Asprin 300mg 9500/tab)	220.00
Azithromycin tablets 250mg (30/tab)	500.00
BB cream (scabies treatment)	95.00
Beclate 250mg	530.00
Bidodec drops	84.24
Bidodec syrup 5yrs 100ml	96.00
Broadced injection	364.50
Carbimazole 5mg (100/tab)	135.00
Cefuroxime 250mg (10/tab)	260.00
Cephalexin 250mg (100/tab)	480.00
Cephalexin syrup 100ml	100.00
Cetirizine 10mg (100/tab)	50.00
Ciprofloxacin 500mg (100/tab)	330.00
Claneksi injection	285.00
Clarithromycin 250mg (14/tab)	200.00
Clavamox 375mg	277.50
Clonazepam 0.5mg (250/tab)	340.00
Dextrose 25ml	22.00
Dobutamine injection 12.5	665.00
Doclofenac suppo 100mg	20.00
Dolor syrup 100ml	132.25
Domadol injection 500mg	42.55
Domperidone 10mg (100/tab)	140.00
Domperidone syrup 30ml	55.00
Ergometrin injection 0.5mg	120.00
Fluphenazine injection 25mg 1ml	65.00
Gentamycin injection 80mg 2ml	12.00
Hydrocort. Sodium Suc. Injection 100mg	30.00
Lactulose syrup 120ml	190.00
Mefenamic Acid 250mg (1000/tab)	715.00
Micanazole cream	38.00
Multivitamin tablets	0.50
Neostigmine injection 0.5mg 1ml	20.00
Ovron	4.40
Oxytocin injection	35.00
Permite Cream 30g	267.00
Phytomenadione injection 10mg 1ml	42.00
Piriton 4mg	0.75

Polybion injection	20.40
Salbutamol inhaler 100mcg	225.00
Thiopental injection 0.5g	130.00
Liquid Nutrition	
Anchor 1+	280.00
Anchor 3+	280.00
Anlene full-fat	270.00
Anlene Malt 400g	162.75
Cerelac (dhal/ vegetable) 200g	284.40
Cerelac (red rice) 200g	142.20
Lactogen 1 400g	298.60
Lactogen 2 400g	260.70
Nespray 400g	222.00
Oral Rehydration Salts 1L (30)	360.00
Toys	
Badminton sets wooden	150.00
Beach ball	60.00
Big car	65.00
Big puzzle	95.00
Carrom board with seeds large	1,550.00
Carrom board with seeds medium	725
Carrom board with seeds small	500
Colour pencil set	40.00
Colour pencils	40.00
Crayons 24 pcs	50.00
Cricket bat, Size 1 + 2	130.00
Cricket bat, Size 3 + 4	150.00
Dolls	20.00
Flutes	20.00
Rattles	30.00
Skipping rope	60.00
Small cars	25.00
Small puzzle	45.00
Squeaky toys	75.00

THE WHOLESALE PRICES ABOVE ARE FOR REFERENCE ONLY. ACT WILL PURCHASE AT THESE PRICES AND PROVIDE RECEIPTS. ALTERNATIVELY, WE CAN (AT OUR DISCRETION) EXTEND THESE PRICES TO DONORS WHO WISH TO PURCHASE INDEPENDENTLY FOR ACT.

DONATIONS

The most useful donation is cash. You may choose to allocate funds for medicines, nutrition or toys, in general or to a specific location. We will document receipt and final delivery via photo, video and signed receipts.

Sri Lankan Donors:

Sri Lankan Donors may transfer/deposit funds from any NDB Bank location. Please keep our Accounting Team notified by contacting accounts@actlanka.org as well. The details you will need are:

Action & Care Trust
NDB Bank, Sri Lanka
Account No: 100001018418
Bank Branch: Colombo 07

International Donors

You can make an international telegraphic transfer (TT) directly to ACT from your home bank. Simply supply the following details and transfer. Again, please inform accounts@actlanka.org.

Action & Care Trust
NDB Bank, Sri Lanka
Account No: 100001018418
SWIFT Code: NDBSLK LX
Bank Address: 103A, Dharmapala Mawatha, Colombo 07

Drop Offs

You may drop off items such as milk powder, nutritional supplements etc. at the address below. Please do not drop off clothes as we have stopped collecting them.

Delivery address (Open Monday to Friday, 9am to 5pm):

Radhika Philip/ACT
c/o Investor Access Asia
60, Fifth Lane
Colombo 3

Please notify Thamara via inventory@actlanka.org beforehand.

Wholesale Purchasing:

Michele: medicines@actlanka.org
Thamara: supplies@actlanka.org

For wholesale pricing, please contact above Trust Members.

THE ACT TEAM THANKS YOU FOR YOUR CONSIDERATION OF THIS DOCUMENT.
WE SINCERELY APPRECIATE YOUR SUPPORT.