



HEALTHCARE PROGRAMME MONGOLIA

ANNUAL REPORT 2018



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ABBREVIATIONS

CNCF Christina Noble Children's Foundation

ENT Ears Nose And Throat



OUR VISION, MISSION, VALUES

Vision: A united world where children are free from suffering, poverty, exploitation, fear, and oppression. Where children are aware of their fundamental human rights.

Mission: The Christina Noble Children's Foundation is dedicated to serving the physical, medical, educational and emotional needs of vulnerable children. We believe that every child deserves love, respect and freedom from all forms of exploitation. We establish long-term relationships with the children we support and empower them to live happy, emotionally rich and independent lives.

Values: Our values represent our beliefs and guide how we behave. They are: Love, Compassion, Respect, Honesty, and Integrity.



REPORT 2018

ACKNOWLEDGEMENTS

Our Healthcare Programme provides free medical examinations, treatments, and nutritional care to children and families in need.

We are grateful to all our donors and supporters who help us provide these critical services.

We thank our local and government partners who make it possible for us to implement the programme successfully.

Songino Khairkhan District Medical Centre
The Family Clinic of Songino Khairkhan District
The National Centre for Maternal and Child Health
The Central Laboratory for Tuberculosis
The Mongolian National University of Medical Sciences



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It's not just about mending bodies, it's about restoring people's independence, giving them a life, not just an existence.

- Christina Noble, Founder, CNCF -





REPORT 2018

PROGRAMME OVERVIEW



ESTABLISHED	1997
LOCATION	Ulaanbaatar, Mongolia
OBJECTIVES	To provide children and adults in need with free and timely medical attention and healthcare
PROGRAMME COMPONENTS	Medical check-ups, screening examinations, diagnoses, and medication for disadvantaged children and their families; maintenance and monitoring of health records of children at the Blue Skies Ger Village; provision of nutritious meals and supplements; training and awareness workshops for children, parents and staff
BENEFICIARIES	Children under the care of CNCF Mongolia (Blue Skies Ger Village, Blue Skies Day Care, Child Sponsorship Programme) and their relatives; CNCF staff and their families; other children in need on a case-by-case basis
LOCAL PARTNERS	Songino Khairkhan District Medical Centre, Family Clinic of the Songino Khairkhan District, National Centre for Maternal and Child Health, Central Laboratory for Tuberculosis, Mongolian National University of Medical Sciences



CNCF INVOLVEMENT

Entirely responsible for funding, programme management, monitoring, and evaluation

CNCF STAFF

Thomas Minter, Director of Operations; Dagvadulam Ishdorj, Programme Manager and Nurse; Dr. Bayaraa, Paediatrician (full-time); Dr. Dahsbal, Paediatrician (part-time); Dr. Purevdulam, Paediatrician (part-time)



MONITORING AND EVALUATION

Written monthly reports are submitted to the Director of Operations and an annual report is sent to all stakeholders. Regular internal meetings are conducted for CNCF staff to discuss programme-related issues and updates

2018 ACTUAL COSTS

USD \$24,052

FUTURE PLANS

In 2019, we will continue to provide the vital services and facilities that support the physical well-being of our children and their family members, enabling them to lead more fulfilled, healthy and productive lives. In addition to maintaining our current level of care, we always strive to improve our services and strengthen our ability to create lasting change in the lives of those we support

REPORTING PERIOD

January – December 2018



REPORT 2018

EXECUTIVE SUMMARY

In 2018, the Healthcare Programme in Mongolia continued to provide free medical care to children living at the Blue Skies Ger Village, children in the Child Sponsorship Programme and their relatives children attending the Blue Skies Day Care and CNCF staff.

In addition, we organised health education workshops on topics such as personal hygiene, sexual health, human development and preventing addiction. These health education activities benefitted more than **500 people**.

1,403

PEOPLE
benefitted from
the Healthcare
Programme



61

CHILDREN
Blue Skies Ger Village

854

CHILDREN
Child Sponsorship Programme

54

CHILDREN
Blue Skies Kindergarten (of which
8 were also from the Ger Village)

63

CHILDREN
Boys' Prison Education Programme

168

PARENTS AND ADULT
RELATIVES OF CHILDREN
in our healthcare programmes

46

CNCF STAFF

SINCE ITS INCEPTION
IN 1997

8,600

CHILDREN AND ADULTS

have been assisted by the
the Healthcare Programme
in Mongolia



REPORT 2018

PROGRAMME BACKGROUND

Fundamental to our Foundation's philosophy is the belief that all children should have access to high-quality healthcare. Our Healthcare Programme was established in 1997 to provide disadvantaged and at-risk children of Mongolia free professional medical check-ups, treatments, and emergency care.

The children in our care are treated on-site with modern and traditional medicines for all mild to moderate health conditions. For more serious cases, children are referred to a secondary or tertiary level hospital for diagnosis and treatment.

If a child requires emergency treatment, the Foundation pays for treatment at a private clinic, so the child does not have to wait weeks or months to be seen at a state hospital. Thanks to our partnerships with local organisations, our children are often able to receive private check-ups and treatments for free or at significantly reduced cost.

Since the programme's inception, we have served over 8,600 children and their family members. We believe that helping our children build strong, healthy bodies is central to giving them the best possible start to life.



Healthcare in Mongolia

Mongolia has made steady progress over the last two decades in improving the health of its people. However, wide disparities between urban and rural areas persist, with most regional hospitals being desperately underequipped and many doctors undertrained. Inadequate access to water, sanitation facilities, medications and good quality healthcare is the main concern in Mongolia's rural areas. In the cities, particularly the capital Ulaanbaatar and the surrounding ger district, poor air quality caused by pollution from the city's overcrowded road system, Soviet-era power plants and the burning of low-quality energy sources to heat gers in the winter is the most significant health risk factor.

An estimated **30,000 to 40,000 people** migrate from the countryside to Ulaanbaatar every year; placing tremendous stress on the capital's healthcare system. State hospitals—including the one dedicated children's hospital—are continuously oversubscribed with waiting lists stretching months for many basic procedures.

State healthcare is provided free for those who make Social and Health Insurance contributions; however, many of the most impoverished families who are not employed in the formal sector and in many cases lack official documents or paperwork, cannot access the state system.

Healthcare Programme Beneficiaries

♦ Children at our Blue Skies Ger Village

Most children who reside at the Blue Skies Ger Village grew up in unsanitary conditions, and thus, quality medical care is critical to get them back on track.

♦ Children enrolled on our Child Sponsorship Programme

Children enrolled in our Child Sponsorship Programme mainly live in Ulaanbaatar's ger district or rural countryside areas, often in extreme poverty. They are exposed to incredibly harsh winters and often do not have access to running water, sewage systems, sanitation facilities, or nutritious food.

♦ Families of children enrolled in the Child Sponsorship Programme

Many of Mongolia's poorest families have no access to the state healthcare system.

♦ Children who attend our Blue Skies Kindergarten

Like many of the children from the sponsorship programme, the children who attend the Blue Skies Day Care live in the Songino Khaikhan ger district area with no access to running water or healthcare.

♦ Staff at our Blue Skies Ger Village and Blue Skies Day Care

All our staff who work directly with the children receive an annual general health check-up and infectious disease check-up.

REPORT 2018 OUR YEAR

IN 2018

1,403
PEOPLE
benefitted from our
healthcare programme

1,189 FAMILIES
received four-wall gers
214 ADULTS

1,403
BENEFICIARIES



>500
PEOPLE
attended health workshops
and education sessions

61
Ger Village
children

854
Sponsorship
Children

54
Kindergarten
Children

of which 8 were also
living in our Ger Village

63
Boys' Prison
Boys

168
Parents and
Adult Relatives
of Children

from our
programmes

46
CNCF staff





Message from Dagvadulam Ishdorj, Programme Manager and Nurse

“

I believe health is the most important thing we can give disadvantaged children and families. Without access to proper medical care and advice, all our other work to improve the quality of our beneficiaries' lives is somewhat in vain. That is why I feel so privileged to be part of CNCF's Healthcare Programme and be able to help so many people who would otherwise be constrained by a future of illness and disease. I am happy to have the opportunity to help children build strong and active bodies, allowing them to reach their potential and lead fulfilled and happy lives.

Each year, our programme provides medical check-ups, treatments, referrals and education to some of the country's most disadvantaged people. This includes the children and their families on our sponsorship programme, the little ones attending our Blue Skies Kindergarten, and all the children living at our Ger Village. This year, we also provided full medical check-ups for the teenagers in Ulaanbaatar's Boys' Prison, the majority of who have come from extremely harsh backgrounds.

An important part of our programme is educating our beneficiaries on the role they can play in maintaining good health. This includes trainings on topics such as preventing addiction, reproductive and sexual health, personal hygiene, and diet and exercise. This is a crucial part of our work, as many of the people we support simply don't know how to make healthy lifestyle choices.

This year, we welcomed a new full-time doctor to our team. Dr Bayaraa will be working at sponsorship distribution weekends as well as overseeing all aspects of the day-to-day operation and management of the Healthcare Programme. We are delighted to have Dr Bayaraa working with us and are confident that with her expertise we will be able to continue to improve our programme and assist even more children and families.

We look forward to 2019 and yet another year of serving the most vulnerable members of Mongolian society; helping them toward a life free from the fear, suffering, and hopelessness that often results from living in poverty and having no access to healthcare. Thank you to all our donors and supporters who allow us to bring the light back into so many people's lives—without you, our work would not be possible.

PROGRAMME ACTIVITIES

Blue Skies Ger Village Infirmary

Helping our children develop strong and healthy bodies is one of our top priorities. We provide nutritious meals, opportunities for physical activity, and regular check-ups at our Ger Village infirmary.

Most children who come into our care have grown up in unsanitary conditions. It is therefore crucial that they all receive a full health check upon arrival and have their details recorded for future monitoring. Our caring and sensitive medical team carry out these examinations. If they encounter any health issues that cannot be resolved on site, they refer the child to a paediatric specialist for further diagnosis and treatment. Some of the most common problems we see in our new arrivals are malnutrition, rickets, growth retardation, and severe dental issues.

In addition to receiving healthcare from our Foundation's medical team, a variety of doctors and medical students visit our Blue Skies Ger Village to perform specialist screenings and examinations. This year these check-ups included two ears, nose and throat screenings (ENT), an eye exam, a dermatology assessment, a dental exam, an internal organ examination, and a kidney test. Because of these examinations, we identify problems early, or even before they start, improving the chances for effective treatment and cure. All children were also checked for ringworm.

Our Ger Village Healthcare Programme also educates our children about healthy lifestyle choices, good personal hygiene, first aid, human anatomy and how to love and respect their bodies. This year some of the topics covered were sexual education, personal hygiene, healthy lifestyle choices and body changes. As a result of the training sessions, our children now have a greater understanding of how the body works and what role they can play in maintaining good physical health.



BY THE NUMBERS: GER VILLAGE HEALTHCARE IN 2018

50 **19**
CHILDREN RELATIVES

Benefitted from a full-health check-up
(ENT, Eye, and Internal Organ exams) from the
National Centre for Maternal and Child Health:

	CHILDREN (REQUIRED FURTHER TREATMENT)	RELATIVES (REQUIRED FURTHER TREATMENT)
EARS, NOSE AND THROAT EXAMS	05	04
EYE EXAMS	05	02
INTERNAL ORGANS EXAMS	01	00

	TESTED/ EXAMINED	REQUIRED FURTHER TREATMENT
KIDNEY TEST	48 CHILDREN 12 RELATIVES	05 CHILDREN 01 RELATIVE
DERMATOLOGY ASSESSMENT	45 CHILDREN	05 CHILDREN
DENTAL ASSESSMENT	54 CHILDREN 22 RELATIVES	17 CHILDREN 12 RELATIVES
2ND ENT EXAM	36 CHILDREN	04 CHILDREN

571
DROP-INS

at the Ger Village infirmary - this
includes all health complaints
and general health questions
from our Ger Village children,
kindergarten children, relatives
and staff

37
STAFF MEMBERS

had an infectious disease
examination, required by law
for all those who work in close
contact with children

41
CHILDREN

received a **2-month** supply
of curcumin supplements to
support their immune systems

11
CHILDREN

received a **4-month** supply of
Vitamin D

05
CHILDREN

needed surgery – this included
surgery for an ingrown
fingernail, a tooth removal,
surgery for chronic otitis, ptosis
surgery and trichiasis surgery

37
PERMANENT MEMBERS
OF OUR GER VILLAGE
STAFF

received a full health check-up
at Ulaanbaatar's Seoul Songdo
Hospital

38
CHILDREN

received a **4-month** supply of
multivitamins

12
CHILDREN

with the most vulnerable
immune systems received
a **5-month** supply of
multivitamins

Ger Village Healthcare Procedures

01

OPENING CASE FILE

The ger village manager receives a case file from the district social workers with all available information about the child. The new arrival has a shower and receives new clothing.

02

HEALTH CHECK-UP

The child is taken to the infirmary for a general health check-up with either the ger village nurse or doctor. A health record book is created.

03

FUTHER DIAGNOSIS

If our healthcare staff has any concerns about possible health issues, the child is referred to a pediatric specialist for further diagnosis and treatment.

All necessary treatments and medicines are provided.

04

ONGOING CHECK-UPS & MONITORING

The child's health and progress are monitored regularly with check-ups and age-appropriate vaccinations.

Further action is taken when required and record books are updated.



Blue Skies Kindergarten

Upon enrolling in our Blue Skies Day Care, all children are examined by our Foundation's doctor. Their details are recorded for future monitoring and treatments are provided for any existing medical conditions. If a condition cannot be resolved on site, the child is referred to a specialist hospital or clinic. As with the Ger Village children, all kindergarten children receive check-ups from doctors who visit our village regularly throughout the year. In 2018 this included a full physical preventive care examination; two ear, nose, and throat (ENT) screenings; an eye exam; a dermatology assessment; a dental examination; and a kidney test. All of the children were also checked for ringworm.

Because most of the kindergarten children come from backgrounds marred by extreme poverty, a common concern is malnutrition, which often results in stunted growth and rickets. Thus, providing wholesome and nutritious meals is a priority; the children receive three healthy meals each day and snacks. Meals and snacks include lots of fresh fruits and vegetables, which are grown in

the Ger Village greenhouses whenever possible to ensure quality.

Children who are severely deficient in vitamins are provided with supplements year-round by our doctor. Every child receives a three-month supply of multivitamins in the winter months to help strengthen their immune systems.

Children who live at home with their parents in gers are often diagnosed with respiratory problems caused by the ger district's poor air quality. This year 12 children were diagnosed with respiratory problems and treated accordingly.

Finally, we teach the children the importance of healthy habits such as regular exercise and good personal hygiene. The children learn to sanitize their hands before eating and after using the bathroom, brush their teeth correctly, blow their noses properly and use the toilet. Helping our children develop good personal hygiene habits plays an essential role in their development and sets them up for a successful life outside the village and when they go to school.



BY THE NUMBERS: GER VILLAGE HEALTHCARE IN 2018

38

CHILDREN

received a full health check-up by our CNCF doctor upon enrolling in the 2018/2019 academic year (please note: 8 children living at the Ger Village are not included in these numbers as they are included in the Ger Village numbers)

19

OF THE CHILDREN'S RELATIVES

were checked for sexually transmitted diseases - None required further treatment

15

CHILDREN

were diagnosed with malnutrition and were treated with a healthy diet and dietary supplements

42

CHILDREN

received a **3-month** supply of multivitamins

54

CHILDREN

benefited from the Kindergarten Health Care Programme

28

PARENTS & RELATIVES

benefited from the Kindergarten Health Care Programme

34 18

CHILDREN RELATIVES

benefitted from a full-health check-up (ENT, Eye, and Internal Organ exams) from the National Centre for Maternal and Child Health:

	CHILDREN (REQUIRED FURTHER TREATMENT)	RELATIVES (REQUIRED FURTHER TREATMENT)
ENT EXAMS	00	03
EYE EXAMS	02	02
INTERNAL ORGANS EXAMS	00	00

	TESTED/ EXAMINED	REQUIRED FURTHER TREATMENT
KIDNEY TEST	37 CHILDREN 14 RELATIVES	08 CHILDREN 01 RELATIVE
DERMATOLOGY ASSESSMENT	32 CHILDREN	00 CHILDREN
FULL PHYSICAL PREVENTATIVE CARE EXAMINATION	38 CHILDREN 19 RELATIVES	00 CHILDREN 00 RELATIVES
DENTAL ASSESSMENT	38 CHILDREN 23 RELATIVES	15 CHILDREN 13 RELATIVES
2ND ENT EXAM	12 CHILDREN	00 CHILDREN

Child Sponsorship Programme

Many poor children in Mongolia, including most children enrolled in our Child Sponsorship Programme, do not have access to clean water, sanitation facilities, medications, or good quality healthcare. These deprivations, combined with the harsh winter climate, poor air quality, and lack of readily available nutrient-rich foods, means that many of the country's lowest income children often suffer with poor health and are vulnerable to life-threatening conditions.

Our Foundation's doctor, Dr. Dashbal, attends each distribution day and provides full health check-ups and consultations to the children and their families at their request. She also administers medicines to treat minor conditions and high-quality dietary supplements to those who are deficient in certain vitamins and minerals.

If our doctor is unable to provide the necessary support, she makes arrangements for the patient to be seen by a specialist at one of the city's hospitals. If the family incurs any additional costs, we offer financial through our Special Assistance Fund or by contacting the child's sponsor to see if they would like to contribute.

In December, we extended our healthcare services by employing a full-time Healthcare Programme Manager. Dr. Bayaraa will be working alongside Dr. Dashbal at sponsorship distribution weekends and will oversee all aspects of the day-to-day operation and management of the Healthcare Programme. This includes monitoring ongoing medical cases, helping to improve the living standards of children and their family members who are suffering from ill-health, and working with our sponsorship team to raise awareness about the prevention, detection, and cure for illness and disease.



BY THE NUMBERS: CHILD SPONSORSHIP PROGRAMME HEALTHCARE IN 2018

Impact Numbers for Sponsorship Children:

- 863** **GENERAL HEALTH CHECK-UPS**
were carried out by our CNCF healthcare team at sponsorship distribution days – **601** further treatments were required
- 07** **VISITS**
were made by our Foundation's doctor to the homes of children who are physically impaired or bedridden and unable to attend sponsorship distribution days
- 150** **SPECIALIST DENTAL EXAMINATION**
were carried out – **116** further treatments were required
- 95** **SPECIALIST EYE EXAMS**
were carried out by the National Centre for Maternal and Child Health – **44** further treatments were required
- 61** **ENT CHECK-UPS**
were carried out by the National Centre for Maternal and Child Health – **39** further treatments were required
- 1,176** **HEALTH CHECK-UPS**
were provided to children on our sponsorship programme
- 807** **FURTHER TREATMENTS**
were required by the children on our sponsorship programme
- 190** **SPONSORSHIP CHILDREN**
received vitamins

Trainings were given on the following topics:

TOPICS	BENEFICIARIES
REPRODUCTIVE HEALTH	190
PREVENTING ADDICTION	150
HUMAN DEVELOPMENT	300



Impact Numbers for Sponsorship Children's Relatives

456

GENERAL HEALTH CHECK-UPS

were carried out by our CNCF healthcare team at sponsorship distribution days – **291** further treatments were required

01

VISIT

was made by our Foundation's doctor to the home of a sponsorship child's relative who is bedridden and unable to attend sponsorship distribution days

37

SPECIALIST DENTAL EXAMINATIONS

were carried out – **23** further treatments were required

36

SPECIALIST EYE EXAMS

were carried out by the National Centre for Maternal and Child Health – **21** further treatments were required

22

ENT CHECK-UPS

were carried out by the National Centre for Maternal and Child Health – **17** further treatments were required

353

FURTHER TREATMENTS

were required for relatives of the children on our sponsorship programme

118

RELATIVES OF SPONSORSHIP CHILDREN

received vitamins

30

RELATIVES

attended a training on Preventing Illness and Disease and How to Live a Healthy Life





Total Beneficiaries of Sponsorship Programme Healthcare

PROGRAMME BENEFICIARIES (BY AGE)	0-5	6-10	11-15	16-18	19-24	25+	NUMBER OF BENEFICIARIES
SPONSORSHIP CHILDREN	26	312	334	140	42	0	854
SPONSORSHIP CHILDREN'S RELATIVES	87	41	31	3	3	116	281
SPONSORSHIP STAFF					1	8	9
TOTALS	113	353	365	143	46	124	1,144

Boys' Prison Programme

In October, doctors from the National Centre for Maternal and Child Health visited the prison to provide ENT, dental, eye and urology examinations, in addition to general check-ups and healthcare advice. **63 boys** who were in prison at the time benefited from the examinations, the majority of whom had never previously received professional health care services.

The check-ups found no major problems with the boys' health. A few minor issues were addressed during the visits. The doctors recommended some of the boys take Vitamin D supplements to help improve their immune systems and support their cardiovascular and bone health.

Through CNCF's Health Care Programme, 39 boys received a 1-month supply of Vitamin D. Our Foundation's doctor tracked the boys' progress and found that on average they had gained 2.5 kilos and increased in height by about 1.5 cms. The boys' general health had also improved, and there was a significant decrease in the number of cold and flu outbreaks in the prison.



2018 Medical Care Highlights

Preventative Check-Ups for Kindergarten Children

Our kindergarten children received a full health assessment before their school summer holiday to ensure that they were in good health before leaving for the three-month break. All children who were officially enrolled in our kindergarten programme were examined.

Preventative Care Examinations from the National Centre for Maternal and Child Health

Doctors from the National Centre for Maternal and Child Health visit the Blue Skies Ger Village to carry out full health check-ups on our children. The check-ups included organ system exams, ENT screenings, eye exams, and body measurements. This year, 50 Ger Village children and 19 relatives received examinations as did 34 kindergarten children and 18 relatives.

Dermatology Check-Up

Medical dermatology check-ups can cover skin issues ranging from rashes and acne to cancer and are an essential part of caring for our children's health as well as helping them feel happy and confident in their own skin. We therefore arranged for a dermatologist to come to our village to give skincare advice and perform general assessments. 45 Ger Village children and 32 kindergarten children received check-ups and have since taken active steps to improve their skincare routines. The dermatologist also talked to our teenagers about methods to reduce acne.

Training and Awareness Workshops for Children Living at the Blue Skies Ger Village

Our medical team organises workshops and seminars to educate our children on the importance of maintaining good health and how to make healthy lifestyle choices such as eating a nutritious diet, taking part in regular exercise, and practising good personal hygiene habits.

Individual and group sessions are also held with pre-pubescent and pubescent girls and boys to talk about hormonal changes and how to manage some of the related challenges such as acne, body odour, and menstruation.

Furthermore, each year we teach our children first aid. This gives them essential life skills, so they know what to do in an emergency and helps cultivate their communication and leadership abilities.

This year trainings at the Blue Skies Ger Village included:

- ◆ Adverse Effects of Drugs and Alcohol
- ◆ Actions to Take During an Emergency Situation
- ◆ Air Pollution
- ◆ Safe Choices
- ◆ Sexual Education
- ◆ Personal Hygiene
- ◆ Healthy Lifestyle Choices
- ◆ Body Changes in Boys
- ◆ Body Changes in Girls
- ◆ First Aid

Visit from American Montessori Trainer Emily Burrow

Professional American Montessori trainer, Emily Burrow, visited our village for three weeks. During her time with us, she worked closely with our kindergarten team helping them develop their understanding of the Montessori approach for preschool education. She also conducted training sessions with our Ger Village staff on hygiene, methods of interacting with children and positive discipline. Furthermore, Emily built a supportive and honest relationship with our older girls and provided training on feminine hygiene and sexual health. We thank Emily for supporting our work with the children.

Training and Awareness Workshops for Children and Relatives on our Child Sponsorship Programme

This year the following trainings were conducted for children and relatives of our Child Sponsorship Programme:

Relatives:

Preventing Illness and Disease and How To Live a Healthy Life: **30 beneficiaries**

Children

Reproductive Health: **190 beneficiaries**

Preventing Addiction: **150 beneficiaries**

Human Development: **300 beneficiaries**



Vitamin Distribution for Sponsorship Children and Relatives

Because of their difficult living conditions, many children in the Child Sponsorship Programme have weak immune systems and vitamin deficiencies, which can lead to rickets, respiratory illnesses, or viral infections. We therefore distribute vitamins throughout the year to the most in need children and their family members of our programme. This year, **308** people benefited from CNCF's vitamin distributions, of which **190** were sponsorship children and **118** were relatives of sponsorship children.



Dental Assessments, Treatments, and Education

Dental problems are prevalent among the children in our care partly because of lack of education on the importance of oral hygiene in the ger district area. Thus, we ensure our children receive a full dental examination and specialist cleaning each year and further treatments where required. This year, the check-ups were carried out by the National Centre for Maternal and Child Health and benefited **38** children from our kindergarten and **54** children living at our Blue Skies Ger Village. Furthermore, **41** parents and relatives received check-ups, which for many of them was their first experience with dental care.

Following the examinations **17** children from the Ger Village, **15** children from the kindergarten, and **25** relatives required further treatments for minor issues such as cavities.

In addition to dental check-ups and treatments, we also organised a variety of educational workshops to help our children learn good oral hygiene habits and prevent future damage to their teeth. The children learned how to brush their teeth properly and which foods to limit to prevent tooth decay and staining.

We continue to see improvement in our children's attitudes and behaviours toward their oral health. They take great pride in caring for their teeth and rarely need prompting by our staff to do so. We have also noticed an increase in confidence among the children who received braces in previous years. Typically, orthodontic work in Mongolia is only available to children from the wealthiest families and many poor children grow up with misaligned, protruding teeth which can cause a great deal of embarrassment and self-consciousness.

This year, two children received braces and two children had their braces removed. One of our older Ger Village girls who had her braces removed this year expressed her happiness to our staff. "I am so happy to have such lovely straight teeth. Before my braces, I was very self-conscious about smiling but now I just can't stop! Thank you so much for giving me this opportunity, I feel very lucky."

Women's Health Education

The start of menstruation is a significant event in a girl's life. If a child is not educated on puberty and menstruation, and some of the changes they can expect their bodies to go through, this can be a traumatic and confusing experience. Thus, we ensure all of our girls who are approaching puberty and those that have already begun their menstrual cycles receive support and guidance on what to expect, why these changes are occurring and how to manage symptoms. We also believe that creating an open and supportive space for our young woman to discuss these issues helps them to feel comfortable in their bodies and realise that what they are experiencing is normal and nothing to feel embarrassed about.

During the sessions our girls are always keen to ask questions and share their experiences—it is always a good bonding time for our girls, with lots of laughter and funny stories!

At the end of the session, the girls are taught some basic yoga positions to reduce pain and are given advice on other types of natural remedies that can ease discomfort.

Blue Skies Ger Village and Blue Skies Kindergarten Staff

Each year, all CNCF staff who work directly with children receive an annual general health check-up. By law, all members of the Ger Village team must have an infectious diseases test. **37** employees who were working at the village at the time received check-ups.



Surgeries for Blue Skies Ger Village Children

Ptosis Surgery: A 16-year-old girl underwent ptosis surgery to remove excess, puffy eyelid skin. The condition was not only affecting her vision but also causing her to feel self-conscious and embarrassed about her appearance. Droopy upper eyelids can block or significantly reduce vision depending on how much it obstructs the pupil. In most cases, the condition will resolve, either naturally or through medical intervention. The surgery was carried out by the National Maternal and Child Health Center and has resulted in improved vision and confidence.

Ingrown Fingernail Removal:

A 15-year-old boy had an ingrown thumbnail removed.

Trichiasis Surgery:

A 5-year-old boy underwent surgery to treat his misdirected eyelashes.

Chronic Otitis Surgery:

A 16-year-old girl underwent surgery to treat inflammation of the ear.

Tooth Extraction:

A 14-year-old boy had two teeth removed because they were growing into the palate of his mouth.

OUR STORIES

Arban's Story

Arban*, age 6, came to live at the Blue Skies Ger Village in March 2016. He was found by the local authorities when he was just three after being left at home on his own for two days, without any food, in temperatures below -30°C.

Arban's neighbours heard him crying and alerted the police, who were shocked to find Arban alone and in such appalling conditions. They immediately removed Arban and took him to a children's shelter where he stayed temporarily.

When the police found Arban's mother, she had been drinking and did not know her son's whereabouts or the incredibly dangerous situation he had been found in. Following a full inquiry, the police concluded that Arban was being severely neglected by his mother and needed to be permanently rehomed for his protection.

At this stage, our Ger Village Manager was contacted, and steps were taken to prepare for Arban's arrival at our children's home. When Arban first came to the Blue Skies Ger Village, he was clearly traumatised and scared. He also had a bad cold and looked very pale and weak. Our doctor carried out an assessment which showed that Arban was extremely malnourished and underdeveloped for a child his age. He also had small injuries all over his body.

Our healthcare team put Arban on a special diet and nutritional supplements to help replenish his body and build his strength.

Our Ger Village psychotherapist also created a psychological development plan for Arban and spoke to our team about the best ways they could help him feel happy and secure at the village. Our nurse, Dagvaa, who is the longest-serving staff member at the village, was designated as Arban's primary caregiver. From tucking him into bed to reading stories or playing on the swings, Dagvaa was responsible for providing Arban with the motherly care, love and attention that he so desperately needed.

When we first met Arban, we realised that he wasn't talking but could understand what was being said to him. Therefore, we took Arban to a specialist ENT doctor who told us that he had been born with a damaged nose, which got worse with time due to his adverse living conditions.

We sent Arban to a speech therapist for eight weeks. He loved going to the sessions and always tried his best to say and spell the words. Our primary school teacher has continued to work closely with Arban. Although his speech is permanently impaired, it has noticeably improved and he can say a few words. He has also started learning sign language.

Last year, Arban started at a primary school for children with special needs. The local authorities advised us to send him to a boarding school, but after doing our own assessment, we decided that the best and only place for Arban was at the Ger Village with his CNCF family.

This means that Arban goes to a different school from all our other children and has to have his own driver—he is now the first person in our Foundation to have a personal chauffeur! We believe that it is this level of individual support that makes CNCF so unique and allows us to create such profound change in the lives of the children in our care.

With unconditional love and care, Arban has blossomed into a beautiful, happy, and kind little boy with a lot to offer the world. When he walks into the room, he is like a ray of sunshine, who brightens up everyone's day and fills their hearts with warmth and joy.

Arban has now finished year one, having received "The Best Student Award." He is also much stronger and healthier and is communicating using sign language and simple words. We are so proud of Arban, who is a testament to the strength of spirit that lies within our children.

*Names changed to protect privacy.



TESTIMONIAL BY A MOTHER

“

I want to express my sincere gratitude to CNCF. Our life was hard, and we were extremely poor when my daughter was diagnosed with type 1 diabetes, which requires expensive ongoing treatment.

There was no way that I could afford to buy my daughter the food, needles and medicine she needed because I was the only breadwinner in the family and had three little children. However, thanks to CNCF's Healthcare Programme, my daughter has been able to have everything she needs to manage her illness properly and live the most normal life she can.

If it weren't for CNCF, my daughter would have had no choice but to eat a poor-quality diet and miss her insulin injections, which could have caused her serious problems.

We are extremely happy and grateful that we were given this opportunity. Without the Foundation's support, life would be unimaginably difficult and harsh.

*Names changed to protect privacy.

TESTIMONIAL FROM A CHILD

“

I was diagnosed with systemic scleroderma, and I have to take immune suppressant medicine all the time. It's tough for a single mother of two little children to manage living costs and medical expenses. Furthermore, the medication that I need to take is not cheap, and our living condition was terribly poor, so we struggled a lot. Fortunately, I was enrolled in the Child Sponsorship Programme in 2015 and thanks to the Foundation and Healthcare Programme, I was able to get my medicine regularly and get other supplies such as E45 cream, warm clothes, vitamins and money for expensive medical examinations. I think I am an extremely lucky child to have the Foundation's support, and I am grateful every day. Thank you very much for supporting me and helping me make my life better.

*Names changed to protect privacy.



REPORT 2018

FINANCIAL OVERVIEW



The total cost of running the Healthcare Programme Mongolia in 2018 was:

USD \$24,052

Heartfelt thanks to our kind donors who enable CNCF to keep this project operating and also to those who generously support with gift and time in-kind which enables us to keep our costs down.

Our 2018 audits are available on line
<https://www.cncf.org/finance-policies>



HEALTHCARE PROGRAMME MONGOLIA IN 2018

DESCRIPTION	COUNT	COST	MONTHS	TOTAL	OPERATION	DIFFERENCE
SALARIES						
Doctor	1	650	12	7,800	5,433	2,367
Nurse	1	450	12	5,400	2,800	2,600
Social Insurance		11%		1,452	840	612
OTHER OPERATING COSTS						
Firewood & Coal				1,000	487	513
Electricity				500	632	(132)
Medicine & Vitamins				1,500	3,348	(1,848)
Prevention Shots and checkups				750	1,040	(290)
Staff Health Check				450	1,532	(1,082)
Seminars				600	3,435	600

HEALTHCARE PROGRAMME MONGOLIA IN 2018

DESCRIPTION	COUNT	COST	MONTHS	TOTAL	OPERATION	DIFFERENCE
OTHER OPERATING COSTS						
Children's health care and medical expenses				3,000	3,435	(435)
Telecommunications				100		100
Equipment & Supplies				500	103	397
Repair & Maintenance				500	165	335
Miscellaneous / Others				500	692	(192)
TOTAL				24,052	20,506	3,546

AUDIT	20,661
DEPRECIATION	155
TOTAL	20,506



For more information on this report and our CNCF projects in Mongolia please contact:

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