

NIRA Lideri projekt – “Prevenција i zaštita zdravlja žena” – Udruženje "ZADA"

Onaj koji izliječi bolest je vješt liječnik, ali onaj koji je spriječi je najbolji.

U okviru NIRA lideri projekta koji je implementirala TPO Fondacija u obliku četverodnevnog treninga za lični i profesionalni razvoj, učesnice su bile i članice Udruženja "Zada" iz Zenice. Članice Udruženja "Zada" predstavljaju marginaliziranu skupinu žena Zeničko - dobojskog kantona koje su izrazile potrebu za ovakvom vrstom treninga. Nakon što su prošle obuku pisanja projekta, aplicirale su za Nira lideri projekte kod TPO Fondacije. Tri projekta ispred Udruženja "Zada" su dobila sredstva za realizaciju svojih projektnih ideja. Prvi projekt “Prevenција i zaštita zdravlja žena” se realizovao od augusta do novembra 2019. godine. Koordinatorica projekta je bila Zilha Nadžak ispred Udruženja. Projekt je namijenjen ženama u malim lokalnim zajednicama u ZDK, posebno ruralnim područjima, za promicanje građanskog aktivizma.

Glavni cilj projekta: Unaprijeđenje zdravlja žena i prevencija oboljenja od karcinoma.

ODRŽANE AKTIVNOSTI:

Aktivnost 1. Pripremni sastanak „ZADA“ članica. Sastanak je održan u prostorijama udruženja. Sastanak je vodila koordinatorica projekta. Na sastanku je napravljen plan rada u okviru projekta, dogovorena je edukacija članica udruženja „ZADA“.

Aktivnost 2. Seminar o reproduktivnom zdravlju za članice ZADA udruženja. Predavačica na seminaru je bila dr. Amela Granić koja je govorila o osnovama reproduktivnog zdravlja, kako bi se članice udruženja „ZADA“ educirale i dalje prenosile svoje znanje u 5 sela u ZDK. Svrha ovog jednodnevnog seminara je bila u tome da članice udruženja „ZADA“ mogu prenositi svoje znanje ženama o prevenciji i zaštiti od karcinoma.

Aktivnost 3. Izrada promo materijala. Nakon seminara, članice udruženja „ZADA“ su angažovale Sumeju Nadžak kao dizajnericu na lifletima na kojima su štampane osnovne poruke o prevenciji od karcinoma.

Aktivnost 4. Radionice u 5 sela. Učesnice projekta koje su prošle seminar su sa promo materijalima i osvježenjem posjetile 5 sela: Lokvine, Donja Vraca, Orahovica, Kovanici i

Tišina, u kojima su okupile 84 žene s kojima su urađene radionice na temu prevencije i zaštite zdravlja žena.

Aktivnost 5. Dizajniranje i podjela turbana i uložaka za žene oboljele od karcinoma.

„ZADA“ je kupila materijal za izradu turbana i pamučnih uložaka za žene, te na radionicama su izradile turbane i higijenske uloške, koji su podijeljeni ženama oboljelim od karcinoma.

Aktivnost 6. Medijska promocija. Tokom svih aktivnosti koje su bile u projektu, „ZADA“ je objavljivala informacije na Facebook-u i lokalnim portalima.

Projekt se ispostavio kao veoma uspješan. Uključene su 84 žene iz 5 sela u ZDK, što je manje od planiranih 125, ali je svejedno veliki broj za ove lokalne zajednice. U projektu je također učestvovalo 25 žena iz Udruženja. Pozitivan rezultat ovog projekta je taj što je koordinatorica projekta bila dovoljno inkluzivna u namjeri da edukuje žene u malim selima, razbije im tešku svakodnevicu i pri tome ih nauči osnovama očuvanja vlastitog zdravlja.

NIRA Leaders Project - "**Prevention and Protection of Women's Health**" - "ZADA" Association

The one who cures the disease is a skilled doctor, but the one who prevents it, is the greatest one.

Within the NIRA Leaders Project being implemented by the TPO Foundation in the form of a four - day training for personal and professional development, the participants were also members of the "Zada" Association from Zenica. Members of the "Zada" Association represent a marginalized group of women from Zenica - Dobož Canton who have expressed the need for this type of training. After completing the project writing training, they applied for Nira Leaders Project at the TPO Foundation. Three projects in front of the Association "Zada" have received funds for the realization of their project ideas. The first project "**Prevention and Protection of Women's Health**" was implemented from August to November 2019. The project coordinator was Zilha Nadžak in front of the Association. The project was aimed at women in small local communities in ZDC, especially in rural areas, to promote civic activism.

The main objective of the project: Improving women's health and preventing cancer.

PROJECT ACTIVITIES

Activity 1. Preparatory meeting of "ZADA" members. The meeting was held in the headquarters of the Association. The meeting was chaired by the project coordinator. At the meeting, a plan of work was drafted within the project, the education of ZADA members was agreed.

Activity 2. Reproductive Health Seminar for ZADA Association Members. The lecturer at the seminar was doctor Amela Granić who spoke about the basics of reproductive health, in order to educate the ZADA members and further transfer their knowledge to five villages in ZDC. The purpose of this one - day seminar was to enable "ZADA" members to pass on their knowledge to other women about cancer prevention and protection.

Activity 3. Production of promo materials. After the seminar, "ZADA" members hired Sumeja Nadžak as a designer on leaflets that had basic cancer prevention messages printed on.

Activity 4. Workshops in 5 villages. The participants of the project, who passed the seminar, visited 5 villages with promotional materials and refreshments: Lokvine, Donja Vraca, Orahovica, Kovanici and Tišina, which brought 84 women together, with workshops on prevention and protection of women's health.

Activity 5. Design and distribution of turbans and pads for women with cancer. "ZADA" purchased material for the production of turbans and cotton pads for women, and at the

workshops they produced turbans and hygiene pads, which were distributed to women with cancer.

Activity 6. Media Promotion. During all the activities that were in the project, "ZADA" posted information on Facebook and local portals.

The project turned out to be very successful. It involved 84 women from 5 villages in the ZDC, which is less than the planned 125, but still a large number for these local communities. 25 women from the Association also participated in the project. The positive result of this project is that the project coordinator was inclusive enough in her intention to educate women in small villages, break their difficult daily routine and teach them the basics of maintaining their own health.