



Cambodian Red Cross

Training Workshop Summary Report

Healthy Ageing Training for Red Cross Volunteers

1. Prey Veng: 4-5 July 2017
2. Svay Rieng: 6-7 July 2017
3. Kampot: 11-12 July 2017



Phnom Penh, July 13, 2017

In partnership with



International Federation
of Red Cross and Red Crescent Societies



Introduction:

This training summary reports are prepared to show the findings and the results of the three trainings on Healthy Ageing for Red Cross Volunteers (RCVs) in the three selected provinces. After having consulted with Provincial Red Cross Branches, the facilitator team from Cambodian Red Cross National Head Quarters has been organizing an agenda to serve for the RCVs training courses on Healthy Ageing in each of the following province:

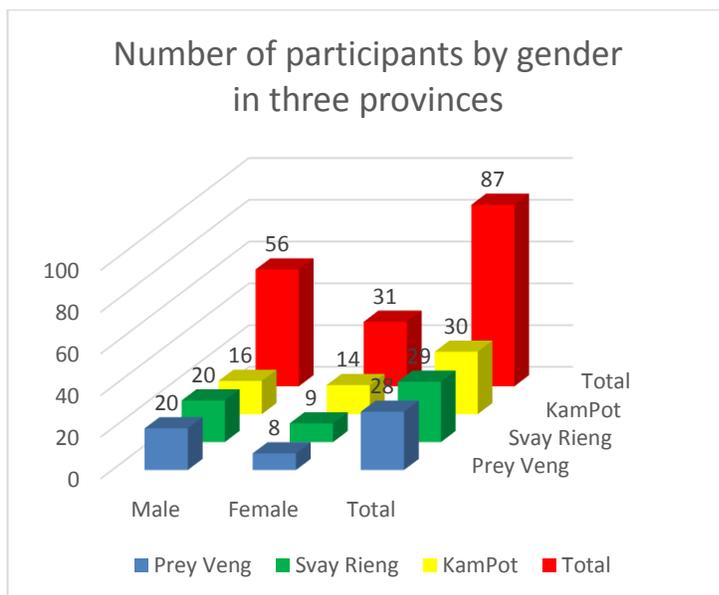
- 4-5 July 2017, RCV training on Healthy Ageing was conducted in Prey Veng Province
- 6-7 July 2017, RCV training on Healthy Ageing was conducted in Svay Rieng Province
- 11-12 July 2017, RCV training on Healthy Ageing was organized in Kampot Province

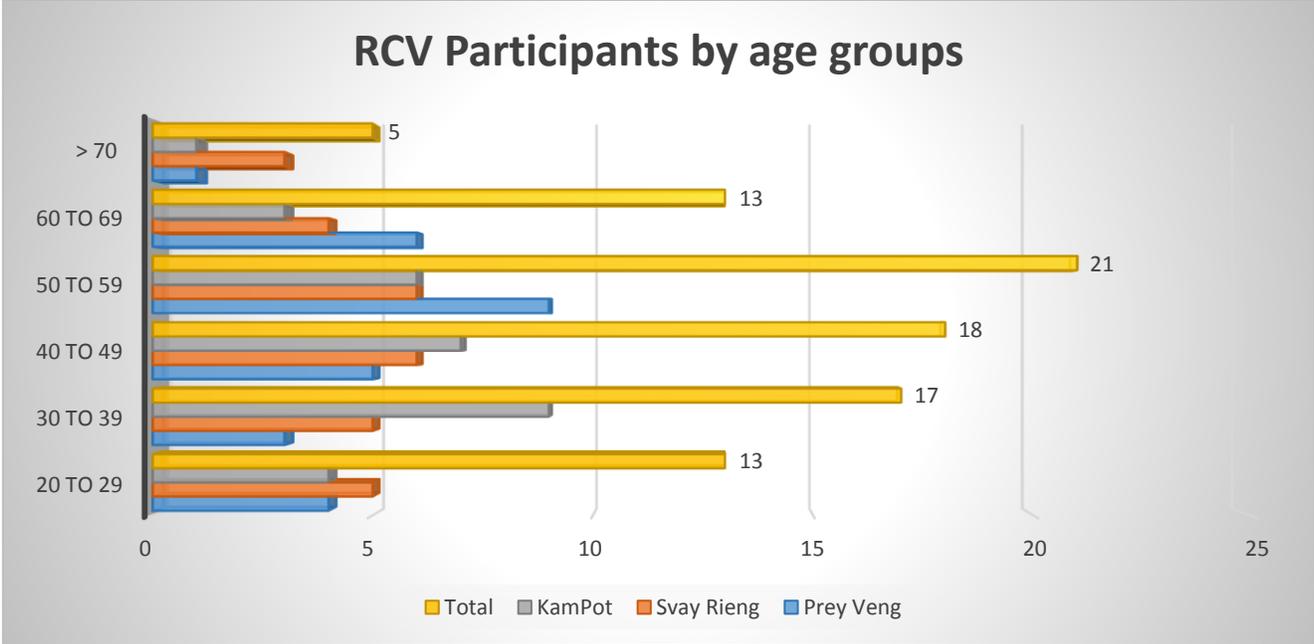
Number of people we have reached

- Totally, there were 87 participants recruited and invited from targeted communities
- There were 56 male participants (64.36%) and the rest of participants were 31 female (35.63%).
- There were 28 trainees, 29 trainees, and 30 trainees participating in the trainings from Prey Veng, Svay Rieng and Kampot Provinces respectively.
- There were 21 senior participants aged from 50-59.

Objectives:

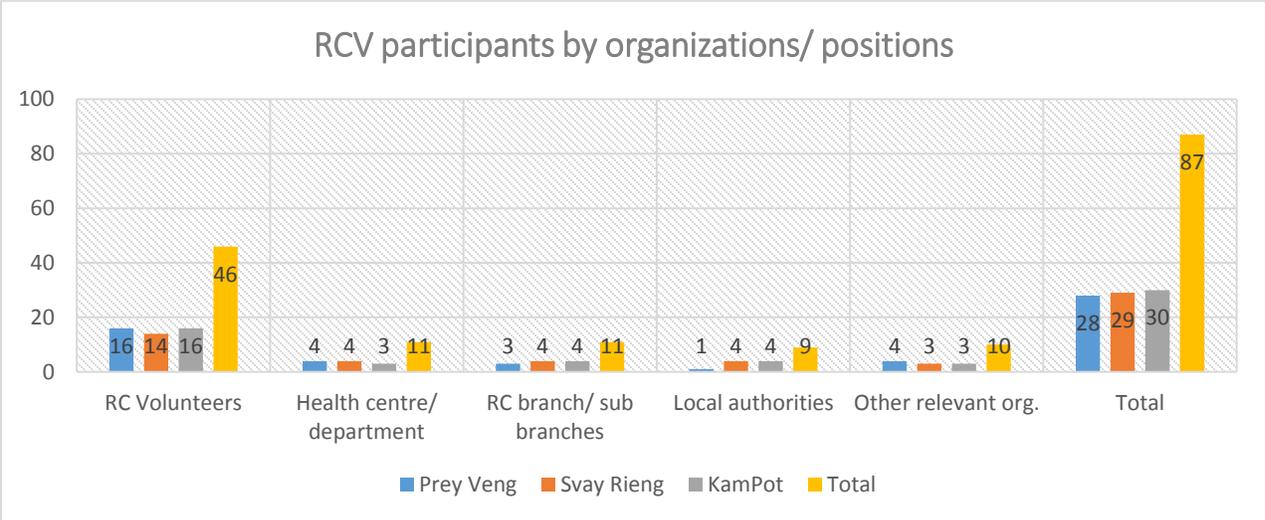
The main objective of this training course is to provide knowledge and skills for RCV so that they are able to provided education to target community on healthy ageing.





Working in partnership:

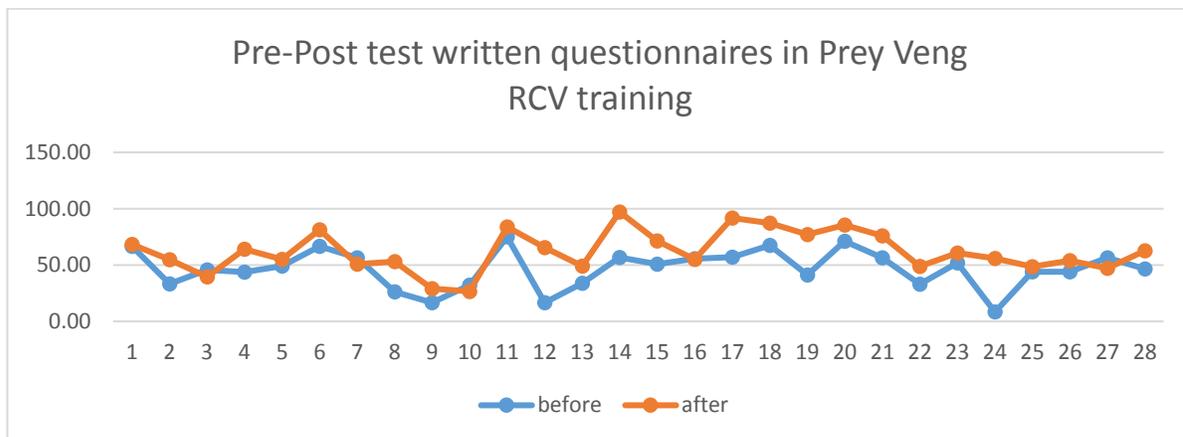
- CRC NHQ was conducting the consultative meeting with three Provincial Red Cross Branches to set up the timeframe to organize the RCV trainings in the three provinces.
- Key relevant partners in each province were identified and sent out the official invitation letters and the confirmation letters to each organization.
- There were 46 Red Cross volunteers invited to participate in these three training courses, in the three target provinces.
- There were 11 health center staff, and 11 RC branches/ sub-branches and 9 local authorities participating in these three trainings respectively.



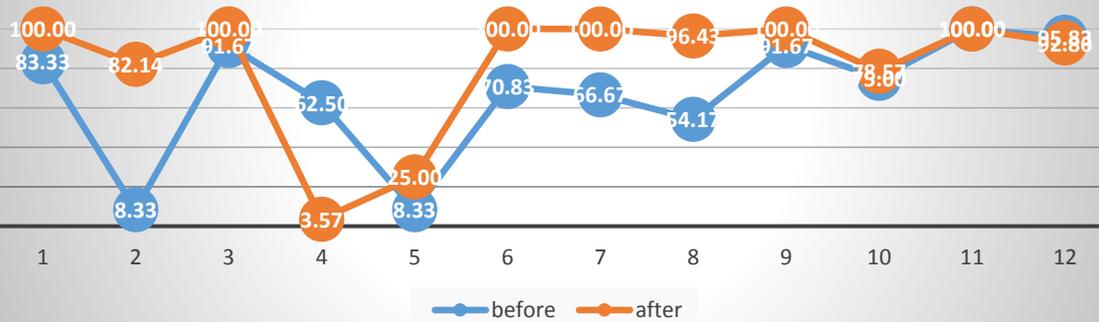


Pre and Post Test Results:

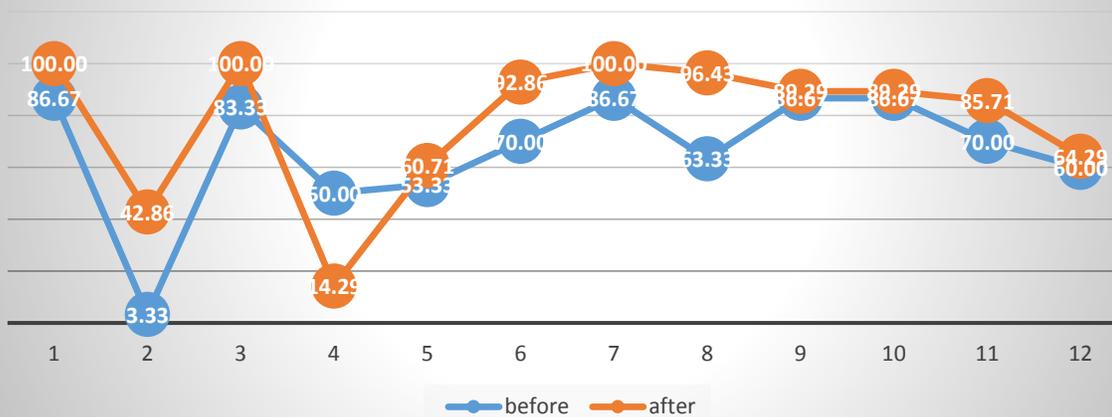
- It was found that the results of pre-post-test in Prey Veng province were 56.55 % when compared at the end of training at 62.70 %.
- Meanwhile, the results in Svay Rieng were about 66.67% and 77.98 % with showing 11.31% increased understanding of participants at the end of training.
- Additionally, the results from Kampot were about 67.36% and 81.55 % with showing 14.19% increased understanding of participants at the end of training.
- For question 4, it was found that the results after the end of training were not good because the question requested the analytical skills from all of participants. Actually, this is false negative answer.
- Pre-Post-test written questionnaires have been applied in Prey Veng Province. Meanwhile, True-False Pre & Post tests were introduced and analyzed in Svay Rieng and Kampot Provinces.



True-False Pre & Post test results in Kam Pot Province



True-False Pre & Post test results in Svay Rieng Province



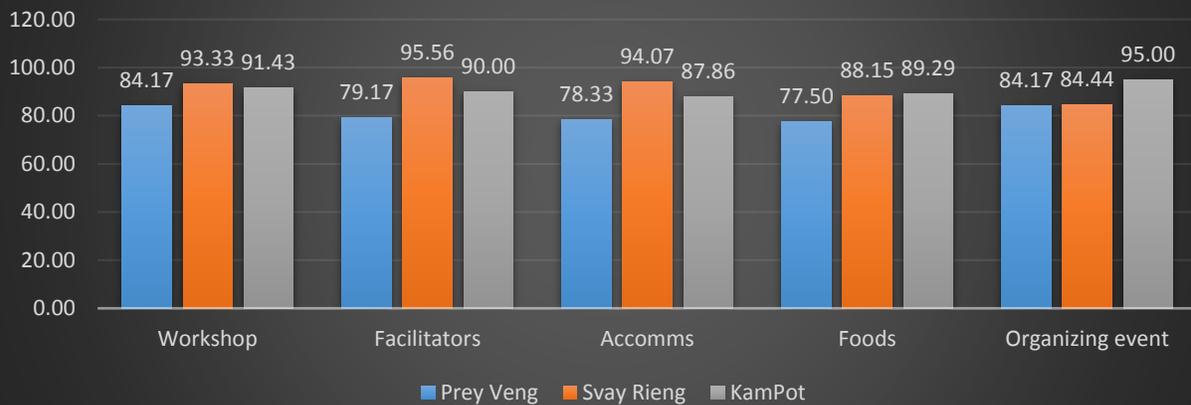
Overall training evaluation:

- It was found that the overall satisfaction and the evaluation from all of participants related to the training workshop, accommodations, foods, organizing event, and facilitation team were significantly satisfied at 77.50-95.56 %.
- Some concerning issues were raises about the translation and the technical terms and the application of each topic into the local Cambodian context.
- The training agenda / schedule should be longer than 3 days or a week. The training materials should be simplified with key messages for volunteers and community levels.
- The refresher trainings should be done in every year or two times a year.
- This healthy ageing project should be scaling up nationwide.

- IFRC Bangkok should continuously provide the support to CRC for the next fiscal year 2018.



Overall evaluations for three provinces for RCV healthy ageing trainings



Achievements:

- Healthy Ageing is one of the main agendas or key priorities of Provincial Red Cross Branches.
- The outcomes and results from the training on healthy ageing for RCVs will be summarized and presented to Red Cross Committee.
- The commitment and the leadership roles from Cambodian Red Cross National Head Quarters and Provincial Red Cross Branches are the key achievements of these three training courses.
- The training toolkit has been translated into Khmer local language which proofreading and validating by the team of health experts from central and provincial levels.
- IEC materials and health education brochures have been addressed and encouraged by Mme. Pum Chantinie, Secretary General, to develop it and to simplify it to use by RCVs in communities.

- Social media channels have been used to promote and advocate for the visibility and health promotion of this health ageing project implementation in Cambodia by Cambodian Red Cross and the local Medias.



Constraints or Challenges:

- The criteria for trainee selection and participant screening and the background experiences need to be applied for village health volunteers for more active participation.
- The training materials should be simplified with common language.
- The training agenda should be conducted for three days rather than two days.
- Some key topics of this training toolkits need to be modified into local contexts-healthy eating, physical activities, games, health assessment, and training methodology.
- Behaviour changes need more time to simplify for Red Cross Volunteers to understand clearly.
- Community outreach activities need to be conducted with the support from Health Centers and Health Department in each province and the technical support from Red Cross National Head Quarters.
- The timeframe for preparation for community outreach activities should be flexible.
- Lessons learnt workshop should be conducted within 3-6 months after the project started.



Looking ahead:

- Community outreach pilot activities related to healthy ageing health promotion will be conducted 2 half-day sessions per village, with total of 18 sessions in the three target provinces. Health screening, BMI- body mass index, physical exercise, and health talk for health eating will be carried on with beneficiaries in selected communities, in collaboration with public health centre staff and provincial health departments.
- Healthy Ageing and healthy eating will be integrated and promoted into food security program and the existing activities of the Ministry of Health.
- The outcomes of “Healthy Ageing Program” and healthy ageing trainings will be summarized and simplified to present in the monthly meeting of the committee of provincial Red Cross Branches.
- The trained volunteers under this healthy ageing project will be mobilized to support other health activities as requested by Provincial Red Cross Branches.
- Cambodian Red Cross National Head Quarters by CD/NCD sub-department will be developing and simplifying the IEC material with including “Healthy Ageing” to disseminate to all targeted project areas within July 2017.
- Health education materials or 1-2 pages brochures will be produced by Provincial Red Cross Branches with the budget supported by Red Cross Committee in each province.
- Monitoring and follow up mechanism will be established and integrated into the routine activities.
- Resource mobilizations for scaling up the “Healthy Ageing Program” in Cambodia for the next fiscal year 2018 will be addressed with IFRC and other key partners.
- Interview recordings and key findings from these three training courses will be shared and uploaded on the CRC’s websites and IFRC’s RCRC library webpage.

- The links to social media uploaded will be provided below:
<https://www.facebook.com/crcnhq/photos/pcb.729297200606420/729296740606466/?type=3&theater>
<https://www.facebook.com/crcnhq/photos/pcb.727087160827424/727085717494235/?type=3&theater>
<https://www.facebook.com/crcnhq/photos/pcb.726454920890648/726454770890663/?type=3&theater>
<https://www.facebook.com/crcnhq/photos/pcb.726349614234512/726349334234540/?type=3&theater>
https://www.facebook.com/sopheak.va.7/posts/968869829919823?notif_t=tagged_with_story¬if_id=1499935742043221



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The IFRC’s vision is to inspire, encourage, facilitate and promote at all times all forms of humanitarian activities by National Societies, with a view to preventing and alleviating human suffering, and thereby contributing to the maintenance and promotion of human dignity and peace in the world.

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The IFRC’s work is guided by [Strategy 2020](#) which puts forward three strategic aims:

1. Save lives, protect livelihoods, and strengthen recovery from disaster and crises.
2. Enable healthy and safe living.
3. Promote social inclusion and a culture of non-violence and peace.