



programmes booklet

# Botswana Red Cross Society

# Fundamental Principles

## Introduction

BRCS is an impartial, neutral and independent voluntary AID organization auxiliary to the government of Botswana established in March 1,1968, under an Act of Parliament (CAP 64:01) as a humanitarian organization with the mandate to reduce the number of deaths, injuries and impact from disasters so as to alleviate human suffering by providing service to the most vulnerable.

BRCS as an independent National Society, gained recognition by the International Committee of the Red Cross (ICRC) in February 1970 and in 1971, BRCS was endorsed into the League of the Red Cross and Red Crescent Societies.

## Our Vision

To be a Model of Excellence in Serving the Vulnerable.

## Our Mission

To alleviate human suffering by providing humanitarian services to the most vulnerable communities.

## Humanity

The International Red Cross and Red Crescent Movement, born of the desire to bring assistance without discrimination to the wounded on the battlefield, in its international and national capacity, endeavors to prevent and alleviate human suffering whenever found. Its purpose is to protect life and health and to ensure respect for the human being. It promotes mutual understanding, friendship, cooperation and lasting peace amongst all peoples.

## Impartiality

No discrimination is possible whether based of all on nationality, race, religious beliefs, class or political opinions. It endeavors to relieve the suffering of individuals, guided solely by their needs, giving priority to the most urgent cases of distress.

## Neutrality

In order to continue to enjoy the confidence of all, the Movement may not take sides in hostilities or engage at any time in controversies of a political, racial, religious or ideological nature.

## Independence

The Movement is independent. The National Societies, while auxiliaries in the humanitarian services of their governments and subject to the laws of their respective countries, must always maintain their autonomy so that they may be able at all times to act in accordance with the principles of the Movement.

## Voluntarism

It is a voluntary relief movement not prompted in any manner by desire of gain.

## Unity

There can be only one Red Cross or one Red Crescent Society in a country. It must be open to all. It must carry on its humanitarian work throughout the territory of the country.

## Universality

The International Red Cross and Red Crescent Movement, in which all Societies have equal status and share equal responsibilities and duties in helping each other, is worldwide.

# International Committee of the Red Cross



## International Committee of the Red Cross

The International Committee of the Red Cross (ICRC) is an impartial neutral independent organization whose exclusive humanitarian mission is to protect the lives and dignity of people affected by war and internal violence and to provide them with assistance. Established in 1863, it directs and coordinates international relief activities conducted by the Movement in situations of armed conflicts. ICRC in cooperation with IFRC contributes to the development of National Societies through institutional support and emergency preparedness assistance.

The ICRC serves as the guardian of IHL, the foundations of which are the four Geneva Conventions of 1949 and their three Additional Protocols. These treaties give the ICRC the right to carry out activities such as:

- bringing relief to wounded, sick or shipwrecked military personnel;
- visiting prisoners of war;
- restoring contact between members of families separated by conflict;
- assisting civilians;
- ensuring that those protected by humanitarian law are treated in accordance with its provisions.

# International Humanitarian Law



## What is IHL?

International Humanitarian Law (IHL) is a set of rules that aim to limit the effects of armed conflict.

- It places restrictions on the parties to a conflict regarding the means and methods of warfare used.
- It protects people who are not, or are no longer, participating in hostilities.
- It is also known as the law of war or the law of armed conflict.

## Why is IHL important?

IHL is one of the most powerful tools the international community has at its disposal to ensure the safety and dignity of people in times of war. It seeks to preserve a measure of humanity amidst conflict, with the guiding principle that even in war there are limits.

# International Humanitarian Law

## How Does IHL protect?

IHL governs the conduct of hostilities by the parties to a conflict and protects persons in enemy hands. It also:

- requires the parties to a conflict to distinguish between combatants and civilians, and to refrain from attacking civilians;
- prohibits or limits the use of weapons that are particularly cruel or that do not distinguish between combatants and civilians;
- requires the parties to a conflict to care for the wounded and sick and to protect medical personnel;
- requires the parties to a conflict to ensure that the dignity of prisoners of war and civilian internees is preserved, in particular by allowing visits by ICRC delegates.

## When Does IHL Apply?

IHL applies in three situations:

- international armed conflicts, which involve at least two countries;
- situations where the whole or part of a country's territory is occupied by a foreign power;
- armed conflicts that arise within a country between a government and one or more organized armed groups, or between various organized armed groups. IHL applies to all parties to a conflict, regardless of who started it.

## Whom Does IHL Protect?

IHL protects combatants and those who are not, or are no longer, participating in hostilities, such as:

- civilians;
- medical and religious personnel;
- wounded, shipwrecked and sick combatants;
- prisoners of war;
- civilian internees. Recognizing their specific needs, IHL grants women and children additional protection.

# International Federation of the Red Cross and Red Crescent



## International Federation of the Red Cross and Red Crescent

The International Federation of the Red Cross and Red Crescent Societies (IFRC) is the world's largest humanitarian organization, providing assistance without discrimination as to nationality, race, religious beliefs, gender, or political opinion. IFRC's mission is to improve the situation of the most vulnerable people, those who are at great risk from

situations that threaten their survival, or their capacity to live with an acceptable level of social and economic security and human dignity. IFRC coordinates and directs international assistance of the Red Cross and Red Crescent Movement to people affected by natural and technological disasters, to refugees and in health emergencies. It combines its relief activities with development work and works closely with ICRC to strengthen capacity of National Societies.

# Botswana Red Cross Society

## Botswana Red Cross Society

National Red Cross and Red Crescent Societies including Botswana Red Cross Society embody the work and principles of the International Committee of the Red Cross and Red Crescent Movement world wide. National societies act as auxiliaries to the public authorities of their won countries in the humanitarian fields and provide a range of services including disaster relief, health and social programmes.



# Membership and Voluntarism

A member is a person who has agreed to the conditions of the membership as required under the national society's constitution or rules and is usually entitled to elect representatives on governing bodies and stand for elections. BRCS membership is categorized into youth and adult members paying an annual fee of P20/200 (life members).



A volunteer is a member of public who carries out voluntary activities offering his/ her skills, knowledge and expertise to help vulnerable people, not motivated by desire for financial and material gain, and also abiding by the society's constitution, rules and regulations.

Botswana Red Cross Society (BRCS) views young people as integral to humanitarian work. Through the youth programme, young people undertake activities in line with the four-part programme. This programme consists of dissemination of the Fundamental principles of the Red Cross movement and international humanitarian law, protection of life and health, community service and promotion of international friendship and understanding.

A volunteer is a member of public who carries out voluntary activities to assist those in need

The BRCS mandate can only be realized with the active involvement of volunteers and members. The Society therefore invites the public to enroll as volunteers and help those less fortunate.

# Volunteerism



Volunteer today and help  
the less fortunate...

"We recognize the capacity of young people to alleviate human suffering and improve the lives of those in need...Make a difference and join now" BRCS volunteers drive the organization, providing care, education, relief and support. They care for the sick, the elderly and the disabled. They prepare for, and respond to natural disasters. They participate in health education and first-aid training, and provide health and care services.

The work of Botswana Red Cross Society is made possible by voluntary contributions from individuals and organizations. Volunteering and helping the worlds vulnerable is an opportunity that Botswana Red Cross Society offers.

# Branch Development

## Purpose of the Branch

- Create an understanding between the community and its members
- Retain active members and volunteers at local level
- Provide humanitarian services in a more professional way
- Understand and disseminate the Red Cross Fundamental Principles

## How Branches Achieve their Purpose

- Continuous recruitment of members
- Election of executive committee according to the constitution
- Register with Botswana National Red Cross Society Headquarters
- Ensure that members meet the Red Cross responsibilities and address specific community needs
- Implement policies and procedures contained in Societies constitution, as established by the National Council of the Society
- Abide by the National Society code of conduct



This is a Botswana Red Cross Society programme that recruits volunteers without consideration of race, sex, class, religion or political beliefs. It pursues a widespread of popular membership – community mobilization.

Branch development's focus is on recruitment, revival and capacity building of branch volunteers both in the cooperate world and at community level.

Members and volunteers should be recruited at their own free will without expecting any payment. Volunteers are not expected to work for more than 10 hrs a week. The principle of volunteerism is still of value to the thinking and planning of Red Cross for community needs.

# Branch Development

## Characteristics of a well functioning branch

- A well functioning branch has membership who has registered with National Headquarters.
- Has 20 or more registered members
- Elected committee according to BRCS constitution.
- Seeks to ensure that membership and leadership are true reflection of the general public.
- A well functioning branch make special efforts to attract and involve the youth
- Avoids domination by governing body, one person or a group
- Should avoid exclusion of certain persons or groups from membership
- Decision making should be widely shared with provision for consultation and a wide expression of views
- Should have committed leaders with necessary skills and should ensure regular succession of leaders
- A well functioning Branch engages sufficient number of properly qualified persons to carry out services
- Taps on professional advice and expertise beyond its membership
- Recruits volunteer from all sections of the community including the vulnerable people it assists.



# Information Dissemination

The program disseminates information pertaining to the ideals of all BRCS programmes, based on the Movement's Fundamental Principles and the Society's activities. The programme also disseminates information on activities of the National Society as well as promoting International Humanitarian Law.

## Botswana Red Cross Society's Programmes

1. Disaster Management
2. First Aid
3. Youth Development
4. Branch Development
5. Health & Care
6. Community Based Rehabilitation
7. Information Dissemination
8. Tracing/Restoring Family Links



The program disseminates information pertaining to the ideals of all BRCS programmes



# Disaster Management

A Botswana Red Cross Society program that addresses needs of victims to manmade and natural disasters by building the capacity of affected communities to cope. Disaster Management aims to promote reduction of vulnerabilities and capacity-building through four different objectives;

- Strengthening disaster preparedness planning
- Building effective disaster response mechanisms
- Raising community awareness and public education
- Disaster mitigation and reduction

To effectively prepare communities for disaster response, BRCS recruits and trains volunteer action teams to analyze potential hazards in their communities and improve the capacity to respond. Thereafter, we raise awareness on eminent disasters and building community mitigation and reduction strategies. In addition, the action teams are trained in first aid, relief work, water and sanitation as well as hygiene promotion.



# First Aid

Botswana Red Cross Society is ready to contribute towards your workplace safety training programs. You can make a commitment to the health and safety of your employees by providing them with lifesaving training that prepares them to respond to an emergency at your workplace. BRCS provides a course that will help your employees to ensure that when an injury, illness or disaster strikes, they are prepared to save a life.

**When an Emergency Strikes, Will You be Ready to Save a Life?**

Botswana Red Cross Society First Aid training gives you vital knowledge and skills needed to respond to a life-threatening situation with confidence. While you can't predict when an emergency will occur, you can be prepared. In less time than you think, being prepared for emergencies is crucial at home, school, and work and in your community.

- Be Trained
- Be Empowered
- Be Prepared
- Be Smart

Enroll for a First Aid Course with BRCS!! You can contribute towards saving lives by taking Botswana Red Cross Society First Aid training.

The Society is one of the leading providers of first aid in the country and helps to set national First Aid standards. As illustrated in the Mines, Quarries Works and Machinery Act (CAP.44:02 article 41 & 43) Botswana Red Cross Society is recognized to grant Mining First Aid Certificates to allow the holders to operate both underground and on the surface.

Botswana Red Cross Society offers:

- Basic First Aid Training,
- Advanced First Aid Training
- Silver Medal

First aid Training can help families, employees and communities to prevent prepare for and respond to emergencies close to home, work place, on the roads such as fires, injuries and motor vehicle accidents.

# Disaster Management



## Tracing

Botswana Red Cross Society in partnership with International Committee of the Red Cross to enables separated family members to re-establish contacts disrupted as a result of natural disasters, conflicts, political upheavals or social problems. The primary concern of the Society's tracing service is to assist individuals to know about the fate of their loved ones with objectively focusing on alleviating psychological suffering of close family members resulting from separation and loss of family contacts.

BRCS undertakes searches to locate missing persons through tracing requests. Active tracing enquiries are carried out using physical addresses, personal contacts and organizations.

## Importance of Tracing

- To restore and maintain contact between family members
- To ascertain the whereabouts of detainees
- To find out what has happened to missing persons
- To reunite families

# Community Based Rehabilitation



## Objectives of Therapy

To promote early stimulation and integration of disabled children in to the Society and other referral sources.

The BRCS Community Based Rehabilitation is based on the community development concept i.e.; when individuals with disabilities are empowered to take action so as to improve their own lives, they become contributors and get integrated in to the community they live in.

## Aims of Community Based Rehabilitation

Botswana Red Cross Society has three Rehabilitation Centres in Botswana namely Tlamelong Rehabilitation Centre in Gaborone, Sefhare Stimulation Centre and Tshimologo Stimulation Centre. The Rehabilitation Centre offers two services; therapy for students at the centre and Community Based Rehabilitation for people living with disabilities. Tlamelong offers Occupational and Physical Therapy while the stimulation Centres offer stimulation services to children with special needs and those that live with disability.

- Promoting awareness, self reliance and responsibility for Rehabilitation in the Community
- Building Human Resource in the Community including people living with disabilities, their families and the community members.
- To encourage the use of simple methods and techniques which are acceptable, affordable and appropriate to the local setting.
- To use existing local organizations and infrastructure to deliver services, especially primary health care.

# Youth Development

The youth development programme comprises of in-school and out-of-school youth membership. To become a youth volunteer one must be below the age of 35. In schools RC youth clubs are supervised by patrons while the out-of-school youths have youth committees in their respective branches. Young people engage in activities that are based on the Four-Part-Youth-Plan and within the limits of the constitution.

It is based on a four-part model:

1. Dissemination of the fundamental principles of the Red Cross movement, promoting humanitarian values and international humanitarian law,
2. Protection of life and health,
3. Community service and
4. International friendship and understanding.



# Youth Development

Young people engage in activities that are based on the Four-Part-Youth-Plan and within the limits of the constitution

Botswana Red Cross Society's young volunteers through their branches have been involved in a variety of activities in different branches:

- Training Orphans & Vulnerable Children on Sexual and Reproduction Health
- Training of Peer Educators by Trainer Of Trainers in their branches
- Litter picking and clean up campaigns
- Donation of clothing to orphans and vulnerable children
- Fundraising activities
- Edutainment sessions and drama

In addition to these activities, BRCS has on-going programs that Youth volunteers are actively involved in which consists of:

- A mentoring program for Orphans and vulnerable children (OVC) - Bo Nkgonne
- Children's clubs
- Home and school visits programs
- Gardening for destitute families program



# Health and Care

## Tlamelong Rehabilitation Centre

This is a non-profit making organization that solely depends on donations built by the Botswana Red Cross society in 1974 to improve the quality of lives of people living with disabilities. As the name suggests, in Setswana Tlamelong means “caring for people” hence the

“Tlamelong is committed to securing equal opportunities in all areas of life for people living with disabilities.”

centre’s objective to improve the quality of life of people with disabilities through helping them reach their potential and consequently play fulfilling roles in their communities. Through Rehabilitation services offered at the centre, learners subsequently learn to become independent in activities of daily living, and have increased physical and motivational capacities.

Tlamelong Rehabilitation Centre trains approximately 30 young adults aged between 18 and 30 from all angles of Botswana who live with physical disabilities. The Centre offers a two year programme that includes Vocational Instruction in Textile, Cookery and Horticulture. Simultaneously, literacy classes and short educational classes are provided to help open new opportunities. All trainees receive physical rehabilitation and medical treatment where necessary.

This is a program that oversees and coordinates all the health services provided by Botswana Red Cross Society. The Health and Care Department components are Malaria, Community Based Health and First AID, Tuberculosis,

# Health and Care



Measles and Polio, Health Emergencies, Voluntary non- remuneration Blood Donor services, Humanitarian Pandemic Preparedness (H2P) and HIV& AIDS.

The programme is coordinated in collaboration with donors in providing services through a wide pool of Volunteers in health promotion, community sensitization, awareness and education of health issues. Care and support is provided to the vulnerable ranging from Orphans and Vulnerable Children and their families, the disabled and the sick.

## Orphans and Vulnerable Children (OVC)

The Program provides Psychosocial support to Orphans and Vulnerable children. OVCS are empowered with life skills to help them survive challenges they go through. Support and guidance are provided through mentorship, memory work, Hero work and Kids clubs. Volunteers take it upon themselves to care for the children through home visits, which help in identifying special needs of each child and refer them accordingly.

# Peer Education



Youth share information and experiences in promotion of abstinence from sex

The program equips youth with information and skills that prevent HIV infections through Sexual and Reproductive Health Education. Youth share information and experiences in promotion of abstinence from sex and development of safer sex practices and

health seeking behaviors. This is done mostly through sessions in schools. Peer Education also targets other groups at high risk of infection like Sex workers and Truck drivers. The program also targets the general community in Kgotla meetings, Clinics and Workplaces.

# Peer Education



## Prevention

This aspect is geared towards providing youth with skills to assist them with Sexual Reproductive Health (SHR) issues. The programme focuses mainly on peer educators at community level. They engage in activities that promote healthy

behavior such as dramas, jam sessions and health talks, targeting different age groups within their communities.

The main objective is to stop the spread of HIV especially among youth. The youth are responsible for condom distribution in their areas as well.

