

Work Plan of the Stichting Nova Onda Foundation 2024

1. Introduction

In remote areas, rapid care and assistance are often hindered by limited knowledge, resources, and infrastructure. This is why the Nova Onda Foundation was established on 9 January 2024 in the Netherlands. As an NGO, our dedication lies in collaborating with and supporting communities in the Global South, with a current focus on Cape Verde, particularly the island of Santo Antao. We prioritise transparency and clear goals. Together with local communities, we aim to enhance healthcare, address resource shortages, and promote knowledge. Moving forward, the foundation has established an Advisory Board comprising local experts who collaborate to provide valuable insights. This work plan provides a detailed overview of our activities, objectives, budgets, and strategies for the coming years. Our aim is to achieve concrete and feasible results in alignment with our vision and values.

2. About us

The Nova Onda foundation was established by Iris Hamels and Sophie Koster, two female nursing students. Our board consists of a chairperson (Iris Hamels, nurse), a secretary (Sophie Koster, nurse), and a treasurer (Georg Bröring, cultural anthropologist). Our advisory board consists of professionals with diverse backgrounds and connections to Cape Verde.

3. Our vision

We aim to strengthen healthcare in remote areas of the Global South, with a particular focus on sustainable change and community engagement. Our vision is encapsulated in the phrase: "Uniting for Health, Empowered by Unity." We strive to offer practical solutions that enhance access to healthcare, promote educational initiatives and foster a culture of health awareness. By collaborating with local stakeholders and partners, we hope to create a positive impact that enhances the health and well-being of individuals in these areas.

4. What we do

As a non-profit organisation, we are fully dedicated to the common good. Our focus is on bridging healthcare gaps in underserved regions, especially those facing geographical challenges that make it difficult to access medical facilities and care. We work towards empowering communities by strengthening health systems, providing vital resources and sharing knowledge in a sustainable manner.

Together with local communities, we strive to improve healthcare, tackle resource shortages, and promote knowledge. Through collaboration with partners like local governments and NGOs, we work on sustainable health projects. These include first aid programs in schools and projects to be run by the local population through training initiatives.

We operate with transparency and accountability, ensuring that every action we take aligns with our mission and vision. Through our efforts, we aim to create positive and sustainable changes in healthcare accessibility and quality.

5. Projects 2024/2025

- Project: From Bystander to Rescuer - 2023-now:

In 2022, we conducted a research project in the local Hospital of Santo Antão in Cape Verde. During our time there, we witnessed firsthand the challenges faced by local communities in accessing healthcare. The rugged landscapes hinder access to important medical resources, leaving people vulnerable. Additionally, the island's geographic features make it difficult for planes or helicopters to land, limiting specialised care to only twice a day by boat to the nearby main island of São Vicente.

This is why we initiated our project, 'From Bystander to Rescuer,' in 2023. It focuses on training local residents on Santo Antão to become first aid responders. The training lasts approximately 3 hours, and upon completion, all participants receive a certification as proof of their ability to respond effectively in critical situations. Our training sessions cover a range of essential skills, including:

- Choking response for adults, children, and infants
- CPR (Cardiopulmonary Resuscitation) for adults, children, and infants
- The recovery position for stabilising individuals
- First aid for epilepsy
- How to manage situations when someone has been in an accident

In a timeframe of just two weeks, we successfully certified over 180 individuals, including tour guides, hotel staff, restaurant workers, Red Cross members, teachers and police officers from Ribeira Grande, Ponta do Sol, Paul, Coculi and Garça.

Once someone has had a first aid training, it's important to do a quick refresher course every year, lasting about 1.5 hours. This helps to keep the knowledge fresh and ensures that participants are ready to respond effectively in emergencies.

6. One-year goals

Our goals for 2024

- July 2024

On July 1st, 2024, we will return to Santo Antão to resume the From Bystander to Rescuer project, providing training to a new group of participants and offering refresher courses to the 180 individuals we trained last year. Additionally, we aim to train over 100 new participants during these three weeks. This time, we are introducing a new component to the training focused on the upcoming project: AED Aid Santo Antão. This segment will specifically cover the usage and operation of an AED. Furthermore, we will include an outdoor component, which includes:

- Bleeding
- Injuries due to weather conditions (such as overheating)
- Injuries to bones, muscles and joints (such as sprains and bruises)

Our stay on the island will be 3 weeks, from 1st of July to the 22nd 2024. We're currently contacting those we trained previously to schedule the refresher courses. Additionally, we're reaching out to new groups of tour guides and surrounding villages to provide training, with the help of Anibal Miranda, the manager of the local hospital and member of our advisory board.

In addition to giving training in the areas of these posts, the majority of the training sessions will be held in Ribeira Grande, Ponta do Sol, and Paul, for which we already have a few training locations in mind.

To facilitate these training sessions, we are currently seeking assistance in the following areas over the course of these three weeks: transportation, accommodation (preferably in Ribeira Grande), meals, and finding a translator who can translate from English to Creole and participate in the training.

- November 2024

The third visit of 2024 will take place in November. The aim is to go for 2 weeks from the 14th of November until the 28th. In this period, we will focus on arranging different important aspects to strengthen our project: "From Bystander to Rescuer" by connecting with governmental institutions. We are also trying to bring the first or first two AED's to the island during this period.

Future plans

- Project: AED Aid Santo Antão – Aim is to start in November 2024:

The aim of this project is to install Automated External Defibrillators (AEDs) at strategic locations throughout the island of Santo Antão. We plan to place AEDs at the police stations located across the island to ensure coverage in different areas, safe storage and easy and 24/7 accessibility to the machines. Additionally, we will provide extra training sessions to the police officers of these stations on how to maintain the machines and how to use them in case of emergencies.

- Project: Train the Trainer – Starting in 2025:

Our aim is to teach local people how to become first aid trainers themselves. We want to set up a system where these trainings can keep going. By training a few people to give these training sessions, we hope to make the project self-sustaining. This means it can continue without outside help, staying in the hands of the local community, becoming a self-sufficient project.

7. Budget and Fundraising

We primarily receive income through donations, as well as by attracting new donors and forming partnerships that contribute financially. We manage the foundation's funds using a "four-eyes" principle, ensuring that all financial transactions are reviewed by multiple board members. All financial matters are overseen by the treasurer, and any expenditures must be in line with the foundation's policy plan, financial guidelines, and statutes.

8. Communication

We use various communication channels, including social media and newsletters, to keep stakeholders informed. Our secretary sends bi-monthly newsletters to sponsors at the beginning of the month, maintaining transparent communication. Our chairperson maintains relationships with local stakeholders to advance our projects and engage communities in decision-making.

9. Evaluation

We regularly assess the effectiveness of our activities through conversations with local residents, ensuring our projects meet their needs. Bi-monthly board meetings are convened to address crucial matters and objectives. Following these meetings, the Advisory Board is also involved in our projects, as we keep them updated on developments and seek their input.

Supported by our advisory board, consisting of individuals in Cape Verde and the Netherlands, we expand our network and collaborate with partners to strengthen our vision. Board members have valuable connections to our projects and foundation, enabling effective communication with local populations and providing insights from community input.