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Monthly Report

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Foreword

Dear readers,

Today we would like to present the monthly report for Maj 2022 from SOS Bihac. This month we were again able to make life a little easier for numerous people and provide them with clothing, food, medicine and other relief supplies. This was only possible with the help of the donors and cooperation partners of SOS Bihac. We would therefore like to take this opportunity to thank everyone for their great support, without which SOS Bihac would not have been able to guarantee the services mentioned in the following chapters.

SOS Bihac sees this as a sign of the trust of the international donors and partners and is doing everything possible to continue to provide the best possible services in all areas and to act 100% transparently. Because in addition to the help that we offer, the trust of donors and partners has top priority.

Sincerely,

SOS Bihac Team

Medical interventions

The 24/7 operations and medical interventions are probably the most significant area of SOS Bihac, which is only offered in this form by us in Bihac. Regardless of the time of day or night, we are available 24 hours a day via the SOS emergency number we have set up and help in emergencies outside of the refugees and migrants.

Our help includes not only medical care, but also the distribution of food and transport to the SOS shelter, where they receive further help and rest. All refugees are taken to Camp Lipa after appropriate treatment and recovery, which is the best solution for them and their situation.



Within the city, we are often asked for help by local ambulances or the police if they are busy. Here we take over the patient transport.

Every month we have numerous people who need medical help. On the one hand due to accidents, on the other hand due to illness.

This month, among other things, there was a serious accident in which one person broke his legs, feet and spine. This required extremely careful control and treatment by our paramedic. Other patients suffered from many injuries that required treatment and one person contracted pneumonia.

We always try to give all injured and sick people the best possible help.



SOS House

In addition to our team as the main headquarters, the SOS house is also available to all needy people who are fleeing and whom we meet during our work. It offers them an entertaining opportunity for rest, warm food and regeneration until another solution is found for them. We are also equipped there with a generous stock of medicines and other medical supplies, which is why we can provide first aid for any medical problem.

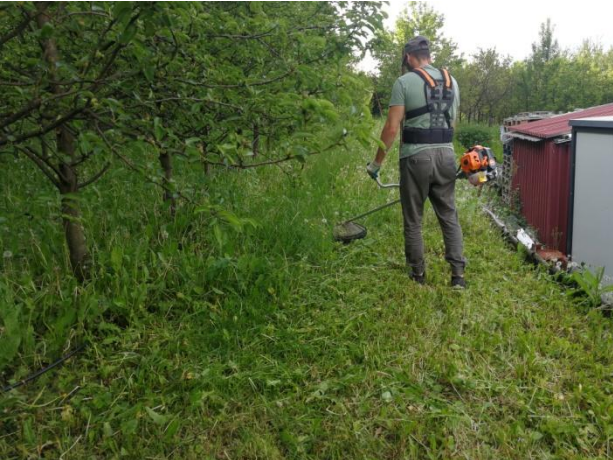
Since the house has 19 beds (plus 6 emergency beds and mattresses), larger groups can also be accommodated and cared for spontaneously. The two bathrooms, including the care items they contain, offer those affected the opportunity to pursue their hygiene needs, which is usually not enough for refugees who have to spend several days or even weeks outdoors.

The SOS house is regularly visited several times by refugees, where they receive the necessary help and recovery after their hardships. After the long marches, there are often serious injuries, but also internal suffering, often caused by malnutrition.

We try to give the appropriate treatment to every person, no matter what their nationality.



The house is regularly cleaned by the team, beds are made new, food is provided and serviced. The area outside the house also needs to be maintained. This includes, among other things, trimming the meadow in the area of the numerous fruit trees.



Daily patrols

At the side of the road we repeatedly encounter individuals, but also groups of people fleeing to a better life. Among them were women and children. We give them food and drink so that they can draw new strength from it.



Laundry service for refugees

Especially in summer, washing the clothes of the refugees is necessary due to the high heat and humidity. If we encounter refugees on our patrols, we take their clothes to the laundry in Bihac if necessary. There it is cleaned and then immediately dried in a dryer. In this way, the clean laundry can be returned quickly.

This should not only serve your well-being, but also minimize the spread of skin diseases and germs.

Local

Insight into the living situation of some residents

Not everyone has the privilege of being able to lead a carefree and comfortable life. Many lack money and the essentials to meet basic needs. Often there are also illnesses or physical limitations that make life even more difficult. Still others live in run-down houses with numerous damage to the walls, water ingress and the resulting mold, which also affects their health. Sanitary facilities either do not work at all or only to a very limited extent, but for financial and/or health reasons it is not possible for many to change the situation.



Hospital discharge

Last month we reported on a sick little girl whom we visited in the hospital and gave her all the necessities of food and clothing. She suffered from numerous diseases, all of which were caused by malnutrition.

We put a lot of effort into taking care of the girl. She has now recovered and was able to be released and go home to her family. We have provided them with medicine and food for the coming month.



Football

In the month of May, 10 joint meetings of our football academy and the children from Boric took place. There were about 10 children from Boric at the training, who were just as accepted by our children as their colleagues from the club. The training was great fun for everyone.

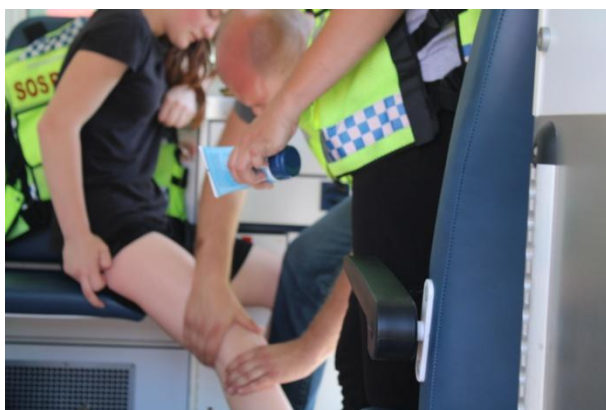


State events

This month saw the championships in track and field, bike and cross. Since there are also many injuries at such events, we were there and provided first aid.



In the athletics competition at the schools, the sun and the high temperatures represented an additional obstacle. We treated injuries caused by falls, etc., which enabled us to ease the situation of the students.



Big fire at a styrofoam factory in Bihac

On May 24th, 2022 there was a major fire in a polystyrene hall in Bihac. The SOS Bihac Team was on site to provide assistance to the firefighters and to treat any injured people. In addition, we brought numerous packs of milk that we were able to distribute to the victims of the fire. A tent, which we had set up, also provided plenty of shade.



Warehouse work

As before, part of the work also involves sorting the donations received. Be it clothing, food or hygiene items. Clothing is put into appropriate packages according to type and size so that they are quickly to hand when needed.

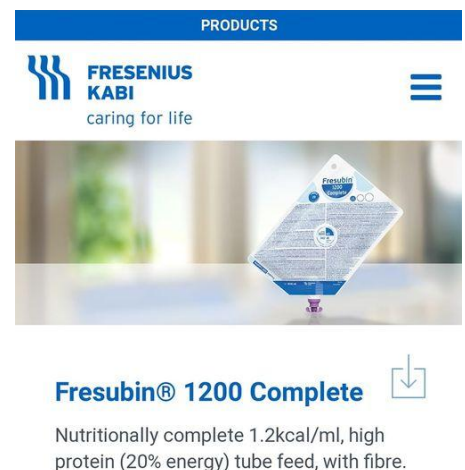
When it comes to food, care must be taken to ensure that it is distributed according to the system. In other words, goods with an earlier expiry date must also be distributed earlier. This is to avoid wasting precious food. Both food and hygiene items are either brought to local people in need in larger aid packages or handed over to people fleeing in handy bags.

Distribution of relief supplies

Fresubin 1200 Complete

Fresubin 1200 Complete is a high-calorie, protein-rich special food for medical purposes in malnutrition and consequent Diseases such as short bowel syndrome, bad absorption and dysphagia use.

The use takes place exclusively enterally and may only be used under medical supervision. Since we often come into contact with people who are malnourished, it is important to manage them accordingly to treat, which is why we use Fresubin 1200 Complete.



Hipp Anti-Reflux Special food

We are owned by Hipp Anti-Reflux special food, those associated with increased belching and spitting up in small children and babies. We are happy to distribute these to those in need.



Donation

Another donation from Brigitte Holzinger – „Grenzenlose Hilfe Kremsmünster“

One of our most loyal donors, "Grenzenlose Hilfe Kremsmünster" from Austria, gave us relief supplies again this month, which we picked up on site and brought to Bihac. Several computers, monitors and projectors were donated, as well as clothing and tea.

We would like to take this opportunity to thank you for your regular and generous support!



Mattress donation

Many locals live in run-down houses with sometimes extremely worn or broken furniture. You don't have the money to replace them. Mattresses in particular ensure a great sense of well-being and the necessary sleep for relaxation. If these are worn out, broken and/or impure, they can no longer fully fulfill their function.

In May we received 13 new mattresses, which we are now distributing to people in need and can thus offer them a bit of comfort.

We would like to take this opportunity to thank you for the generous donation!

Land of Hope Farm – Space Eye

The "Land of Hope" farm is a Space-Eye internally sponsored project with the aim of rehabilitating, raising awareness and caring for the vulnerable. With the help of experienced farmers and hard-working volunteers, we selected a suitable land, built greenhouses on it, erected a protective fence and started planting.

Concerned about the increase in food prices, we have decided to produce ourselves, hoping that we will have a successful harvest in the near future

Fence completion

The concrete posts were placed and concreted in last month. Now the fence could be completed with 260m of wire mesh.



Well construction

4 concrete pipes were delivered for the water sources exposed on the property. This is intended to further expand the wells.



Construction of the greenhouses

Finally the construction of the greenhouses could begin. Within a day, 2 pieces were erected on the property.



After construction, the soil inside the greenhouses was plowed again with a suitable plowing device. The area outside the greenhouses is also to be used, which is why it was also plowed.



The plowed areas were leveled with a "leveller" made from an old gas bottle.



Über die Gewächshäuser wurde Eine weitere, grüne Lage gespannt, um so die Sonneneinstrahlung zu minimieren und dadurch das Verbrennen der Blätter der Gemüsepflanzen zu verhindern.



Irrigation

Now the installation of the irrigation system could begin. To do this, water was pumped from a well several meters away into large containers using a hose and a pump. Another hose was laid from the container to the greenhouse, along which smaller irrigation hoses were laid.

Then lengthy plastic tarpaulins were laid out in the correct position between the irrigation hoses, pulled taut and fastened with soil around the edges.



Vegetable plants

In the first greenhouse, two lengths with around 180 pepper plants and two lengths with around 100 tomato seedlings and 26 cucumber plants on the sides were used. A white net was stretched around the edge for the cucumber plants to climb up.

The second greenhouse was mostly equipped with pepper plants, which numbered over 300, 24 cucumber and 30 tomato plants.



The field between the greenhouses and on the sides was also used. Several melon seedlings were planted on the sides and between the greenhouses seeds such as carrots, beets, parsley and parsley root were sown, as well as potatoes and some lemon balm were grown.



Horse

What would a farm be without animals? Among the livestock still planned, a small horse was the first to find a new home on the farm. He was fitted with new hooves upon arrival, which are important for his health.

For this purpose, a small wooden device was built a few days earlier, in which the hooves can be easily exchanged at any time.



Bees

We received three bee boxes from an experienced farmer so that we could “harvest” honey as well as vegetables.



Final word

This month we were able to ease the situation of many people and make progress in our projects, which was only possible with the help of donations and our cooperation partners. We thank you again for the support!

SOS Bihac Team