

Annual Report 2021 – SPEAK

Introduction

SPEAK Trust was set up on 06, February 2018, registered under Trust Act, 1882 as a Non-Profit Organization. SPEAK is a Youth led & development focused organization promoting Gender Equality, Human Rights & HIV/AIDS Prevention and Response. SPEAK is pursuing its humanitarian vision and friendly Pakistan indiscriminative of sex, disease, cast, creed, ethnicity, nationality or any other form of discrimination. We believe in collaboration among various actors (Government departments, INGOs, CSOs/CBOs) could make accomplishment easier & sustainable.

Project # 1

“INTEGRATED SERVICES OF SAFE MIGRATION, HIV PREVENTION AND CARE FOR MIGRANT WORKERS AND FAMILIES”

This project is funded by foreign donor, CARAM Asia. CARAM Asia is a regional network of 42 members in 18 countries spanning across Asia and the Middle East. CARAM Asia is an NGO in Special Consultative Status with the Economic and Social Council of the United Nations. CARAM Asia have been working for the promotion and protection of migrants’ labour and health rights with focus on HIV and AIDS issues since its establishment in 1997.

The project has been approved for 03 years and 05 months (Oct 2018 to Feb 2022). The project will strategically improve 04 areas of intervention;

1. Provide free of cost counselling and referral to government’s HIV and AIDS services for HIV positive labour migrants of Pakistan
2. Improve Hospitals’ service delivery by training doctors and other hospital staff.
3. Share data and learning with relevant ministries to address HIV & AIDS epidemic from

Pakistan

4. Provide training and material to private recruiters to aware potential migrants on risk of HIV& AIDS.

Activity No. 1- Meetings with Government Stakeholders to streamline deportation process.

Description: SPEAK has organized 02 meetings with the Federal Investigation Agency (FIA), who initially assured SPEAK that they would look into the specifics of the reasons for deportation as no previous data for reason of deportation is available. SPEAK was also communicating with the FIA via letters, and the FIA responded that this information is not currently included in their data base, and there is no way to ascertain the reason that deportation is done on the basis of health issues, and that incorporating this would take a significant amount of time and assistance from the Ministry of Interior.

SPEAK conducted 1 meeting with National AIDS Control Programme (NACP) and 2 meetings with Ministry of Health, and 1 meeting with Common Management Unit for AIDS, TB and Malaria (CMU), they acknowledged and appreciated SPEAK's efforts and agreed to cooperate and to form a working group to include all other relevant stakeholders in meetings and establishing referral mechanisms at Airport for HIV positive deported/returnee migrants. They have requested a Memorandum of Understanding (MoU), which has been shared by SPEAK.

[Meeting with Ministry of Health](#)

As a plan B to mega meeting due to COVID-19 restrictions, for digital awareness, SPEAK has organized a TV show in which CEO-SPEAK Trust discussed the HIV issues among key populations and migrants. The show was also promoted on SPEAK's Facebook Page.

[World AIDS Day 2021 TV Show at Rising Pakistan - PTV Home](#)

The TV show contributed to increase awareness about ways to prevent HIV transmission to migrants' spouses and partners. Furthermore, it addressed migrants' rights as well as other legal and health issues that migrants face while living in destination countries, and some recommendations for the Pakistani government were shared.

[1st December 2021 - World AIDS Day "End Inequalities, End AIDS"](#)

Output: 06 meetings have been conducted with relevant stakeholders to streamline the deportation process, as well as to establish counseling and referral services at airports.

01 TV show was conducted to raise awareness regarding HIV/AIDS and migrants' issues.

Outcome: Incorporating the reason for deportation into the FIA database will provide data on the reasons of deported migrants, which is "due to HIV" through SPEAK's experience, and this data will aid in establishing a HIV referral mechanism at airports, reducing the risk of disease transmission to migrants' families.

Through the TV shows, 50 million migrants gained awareness on HIV transmission and HIV related precautionary measures along with raising awareness for the need of establishing a HIV referral mechanism at airports for returnee migrants.

Activity No. 2 - Awareness at airport for returnee migrants through posters and brochures.

Description: SPEAK conducted 02 meetings with **Civil Aviation Authority (CAA)**. In the first meeting, their airport manager in Islamabad appreciated the work that SPEAK is doing and agreed to cooperate with SPEAK. SPEAK designed the IEC material (Poster and brochure) on HIV Sensitization, prevention and response and shared with CAA. In the second meeting regarding display and distribution of IEC material at Islamabad airport, they highlighted that SPEAK must first obtain approval from the Ministry of Health and NACP. A long term referral mechanism establishment process is underway with Ministry of Health and the IEC material distribution is a part of it.

[Meeting with Airport Manager, Civil Aviation Authority along with its staff to strengthen referral mechanism for HIV positive deported/ returnee migrant.](#)

As a Plan B, 04 Radio shows were organized to discuss basics of HIV/AIDS. These shows provided information about HIV/AIDS, its transmission and contraction. This show also highlighted problems in the identification of HIV-positive migrants and their adherence to treatment. Discussions on how to reduce HIV transmission to migrants' spouses/partners also helped in raising awareness to reduce the spread of HIV/AIDS.

[First radio show on HIV/AIDS Awareness.](#)

[2nd Radio Show](#)

[4th Radio show on International Migrants day.](#)

Output: 40 million migrants were reached through the 04 Radio shows conducted by SPEAK as they were uploaded and promoted in Pakistan and Gulf countries on SPEAK's social media platforms.

Outcome: The Radio shows will help migrants become more aware of HIV and reduce their risk of contraction.

Activity No-3: Meeting with Bureau of Emigration & Overseas Employment (BE & OE): Follow-up meetings and posters on HIV Information to Potential Migrants at Protectorate of Emigrants Offices.

Description: SPEAK has conducted 07 meetings with the Bureau of Emigration and Overseas Employment (BE & OE) regarding the material provided by SPEAK that was already approved last year but was not displayed at protectorate offices. After some changes, BE & OE approved IEC material.

[Meeting with Director Bureau of Emigration & Overseas Employment on HIV Awareness for intending Migrants at BE & OE's office Islamabad.](#)

SPEAK has provided four (04) posters for Protectorate of Emigrants offices in Peshawar and Malakand, as well as eighteen (18) standees for Protectorate of Emigrants offices in Karachi, Lahore, Multan, Rawalpindi, Quetta, Dera Ghazi Khan, Sialkot along with Islamabad Airport, Overseas Pakistanis Foundation and BE & OE's Head office in Islamabad. BE & OE also assured SPEAK that their briefing officers will brief intending migrants prior to their departure about HIV/AIDS. In a monitoring visit, SPEAK concluded that the HIV material was being given to intended emigrants but briefing was not effective, SPEAK requested BE & OE to revise the briefing procedure which is now effective. SPEAK has also made an HIV awareness video and BE & OE is willing to display it at all Protectorate offices.

[HIV/AIDS awareness video](#)

Output: 07 meetings were held, with SPEAK providing the IEC materials and the Director General giving his approval of displaying all the content.

Outcome: On average, 0.4 million migrants and their families will benefit yearly from the Bureau of Emigration and Protectorate of Emigrants' adaptation of comprehensive content. It will protect migrants from contracting HIV & spreading it to their families and improve their access to health-care services in Pakistan when they return.

Activity No-4: Eradicate stigma and discrimination associated with HIV/AIDS: IEC material printing and distribution to hospital administration & staff to enhance their awareness on HIV positive migrant's rights.

Description: A total of 3000 brochures (Attachment 2) and 90 posters (Attachment 3) were printed this year in addition to 3000 brochures and 43 posters remaining from last year (Total: 6000 Brochures and 133 Posters) and these Brochures and Posters included “Guidelines for medical and non-medical staff on ethical treatment of PLHIV” in Urdu Language. They were distributed to hospitals and laboratories. The hospitals and laboratories were mainly located in Islamabad and Swat.

Brochure and poster included information on:

- 1) What is HIV/AIDS, How it spreads and how not
- 2) Why HIV is stigmatized?
- 3) Precautions to avoid getting infected.
- 4) What are the effects of stigma on PLHIV?
- 5) Ethical and positive treatment with PLHIV.
- 6) Special Instruction for medical staff.

As a request from NACP, SPEAK organized “HIV Sensitization Session” for all medical and non-medical staff at Polyclinic Hospital Islamabad on 14th of December 2021 to inform participants, particularly hospital administration and staff, about stigma and discrimination associated with HIV & AIDS and how to ethically deal with HIV positive patients.

It was a two-hour training session in collaboration with NACP and approximately 50 (40 Male and 10 Female) medical and non-medical staff members, including nurses, attendants, cleaners, receptionists/assistants, and doctors attended the session. A pre-test questionnaire was requested to be filled by the participants before the session started. At the start of the session, Dr. Ramesh Kumar - Head of NACP Pakistan gave remarks on why eradicating stigma surrounding HIV is important. His remarks were followed by a question/answer session on the basics of HIV/AIDS to learn about attendees' knowledge about the basics of HIV, its prevention and response, was conducted by Mr. Bilal (Programme manager) from SPEAK. Dr. Muhammad Umair Malik - NACP's treatment specialist gave a presentation on the stigma surrounding HIV, its eradication and ethical treatment of PLHIV. Towards the end, post-test questionnaires were filled by the participants in order to assess the session's progress. SPEAK also presented participants with refreshments and certificates.

[Attending Session on HIV Stigma Eradication](#)

[Click here to see session conducted by SPEAK to promote ethical HIV/AIDS treatment](#)

Output: 6000 Brochures and 133 Posters were distributed to different hospitals in Islamabad and Swat. Session on ethical treatment of PLHIV was conducted in Polyclinic, Islamabad for 50 medical and non-medical staff.

Outcome: Sensitization of healthcare staff will improve quality and ethical treatment of PLHIV. The brochures and posters will help in eradication of Stigma related to HIV.

Activity no-5: Counseling and Referral for PLHIV and returnee/deported migrants:

Description: Returnee migrants in Swat are approached and encouraged to participate in voluntary HIV testing in order to know their HIV status and that of their families. SPEAK has contacted local HIV testing laboratories and Overseas Employment Promoters through its counselor in Swat, Khyber Pakhtunkhwa, in order to reach out to new returnee migrants. Many migrants who are mostly men have been encouraged to undergo voluntary HIV testing in order to determine their status. SPEAK has also collected data regarding the current HIV status of migrants and their spouses, as well as their job status. In 2021, just in 1 district Swat, 12 HIV

positive returnee migrants, 8 of their spouses and 1 male child have also been tested positive making total number 21, which shows the need for expansion to more areas. Our counselor made certain that they had access to comprehensive HIV services. In last 3 years, 52 (32 Males, 19 Females and 1 Male Child) migrants and families living with HIV are registered with SPEAK in Swat. Furthermore, Pre and post HIV test counseling is also provided by SPEAK's Field Coordinator and Counselor to returnee migrants to increase treatment adherence and reduce the likelihood of further infection or transmission of HIV to their spouses/partners.

[Field staff training on HIV/AIDS counseling and testing for migrant workers and their families](#)

Output: 12 HIV-positive returnee migrants, 8 of their spouses, and 01 male child have all been tested positive, bringing the total number of HIV-positive people to 21.

Outcome: It will encourage more voluntary HIV testing and aid in the collection of data on migrants' and their spouses' current HIV status, as well as their employment status.

Activity No-6: Establishment and meetings of Self Support Group of Migrants Living with HIV (MLHIV):

Description: SPEAK established a self-support group of migrants living with HIV (MLHIV) on a volunteer basis with informed consent. There have been four meetings of the group this year. Phone calls are also used on a regular basis to communicate with individuals and groups.

In the first meeting, the group was briefed on the fundamentals of HIV/AIDS, such as what the virus is, how it spreads, how to avoid contracting HIV/AIDS and a question/answer session on HIV/AIDS was held to learn about the attendees' knowledge. SPEAK also focused on enhancing the capacities of self-support group members in terms of knowledge and their roles as self-support group members during meetings and made certain that they were represented in the planning of Self Support group roles. They voluntarily agreed on providing support to each other and other migrants as well. The group provides emotional and social support to one another while also developing positive strategies for living with the virus and increasing their knowledge of HIV/AIDS. The support group devises strategies to combat stigma in their communities and promote HIV testing and treatment, with a focus on returnee/deported migrants. Thus, SPEAK

provides them a platform to share their backstories and personal dilemmas that arose as a result of contracting the virus.

Output: 04 meetings have been conducted with members of self-supports group of migrants living with HIV to educate them on HIV transmission, precautionary measures and migrants' vulnerabilities.

Outcome: It will provide emotional and social support to members of self-support group, as well as aid in the development of positive strategies for living with the virus, combating stigma in their communities, and promoting HIV testing and treatment.

Activity No. 7 - Online Research on HIV and SRHR Awareness among labor migrants.

Description: SPEAK conducted this online research to determine the level of SRHR awareness, specifically STDs and HIV, among overseas Pakistanis. Another goal was to find out whether the emigrants were sensitized by the government of these diseases before departure or not. The questionnaire included questions about respondents' basic knowledge of STDs and HIV, methods of transmission, stigma against it, ways it cannot spread, and basic information about access to health facilities.

The questionnaire was filled by 1502 respondents via SPEAK's Facebook page, and it was identified that 99.9 percent of the overseas Pakistani workers are men, with the majority of the respondents falling between the ages of 31 and 35. The majority of respondents belonged to Punjab province (58.9 percent) and 27.8 percent from Khyber PakhtunKhwa Province. Respondents were chosen through a targeted paid promotion on Facebook in seven countries. The intended audience was Overseas Pakistani labor workers, primarily in the Gulf States. According to our research, the majority of overseas Pakistani workers are employed in Saudi Arabia and the United Arab Emirates.

Results showed migrants are not provided with comprehensive HIV information prior to their departure in Protectorate of Emigrants offices. Out of 1500 respondents, only 3% of migrants confirmed that they were briefed by government of Pakistan on HIV, prior to their departure. This leads them to practice certain risky behaviors and unaware of the consequences if found to

be HIV positive in the host countries. Out of 1500 respondents, 50% don't know about protecting themselves against Sexually Transmitting Diseases (STDs) by using condoms. Out of 1500 respondents, 33% didn't know that STDs can spread to one's partner and children. Out of 1500 respondents, 80% were unaware of Parent to Child Transmission of HIV. Majority of the respondents believe in myths related to spread of HIV i.e. 77% of the respondents didn't know that HIV doesn't spread through kissing, 63% were unaware that HIV doesn't spread by eating together and 52% didn't know that HIV doesn't spread through social contact. More than 50% of the respondents found the health facilities either expensive or very expensive.

The findings of the study are being used to educate duty bearers on the importance of information that is not being provided to overseas Pakistanis. A report is compiled and the results generated were utilized to spread awareness through social media. We designed some posts to share the results with the audience. We also provided required information to migrants living in the host countries through our social media.

[Post # 1](#)

[Post # 2](#)

[Post # 3](#)

[Post # 4](#)

[Post # 5](#)

[Post # 6](#)

[Post # 7](#)

[Post # 8](#)

[Post # 9](#)

[Post # 10](#)

[Post # 11](#)

[Post # 12](#)

Output: Research on the “State of SRHR awareness among Pakistani labor emigrants” has been conducted.

Outcome: The findings of the study are utilized to educate duty bearers on the need of providing information to overseas Pakistanis and to raise awareness through social media posts and videos.

Link to the Online Research

[Click here to see the questionnaire of online research conducted by SPEAK](#)

Activity No. 8- Quality M&E assurance and SMT presence ensured in meetings and all activities:

Description: Senior Management (SMT) attended all advocacy, their preparations were thoroughly reviewed prior to the meetings. To assess the effectiveness and quality of interventions at ground level, SMT conducted 4 field monitoring visits to Swat. MEL plan was updated and staff received on-the-job training in project management, project's thematic areas, MEL, field mobilization, research and advocacy.

SMT, along with the Project Manager and Staff, thoroughly reviewed the work plan and adjusted activities as needed throughout the year. SMT also tracked the progress of each activity and suggested ways to improve efficiency and ensure effectiveness. Throughout the year, SMT was also involved in the creation of content and the overall design of the social media campaign.

Activity No. 9- Awareness raising through social Media on HIV/AIDS for potential migrants and Overseas Pakistanis.

Description: Social media engagement was done throughout the year in which short videos of 2 to 3 minutes were produced and promoted in Pakistan and the Gulf. Posts in the form of pictures and memes were also designed and promoted on social media platforms such as Facebook and YouTube. These posts contained information about HIV/AIDS transmission, prevention and its treatment along with migrants' health and labor rights were promoted in Pakistan and the Gulf. 1 animated video for potential migrants were also generated and promoted on Facebook. 1 story of

HIV positive migrants by his words were also shared on Facebook by his consent. A TV show and 4 radio shows conducted for other activities were also promoted on social media. Through Social media engagement, SPEAK reached and raised awareness more than 1 million people in Pakistan and the Gulf region combined.

TV shows were broadcasted live on Pakistan Television (Top most viewed channel in Pakistan in 2021).

[Click here to see TV show](#)

04 Radio shows were also aired live on FM 101 (third most heard in Pakistan with largest coverage).

[Click here to see radio show on HIV/AIDS awareness by SPEAK](#)

[Click here to see radio show on Gender Equality and Migrants' issues](#)

[Click here to see radio show conducted on International Migrants Day](#)

[**SPEAK Facebook Page**](#)

Our Social Media posts:

[Post # 1](#)

[Post # 2](#)

[Post # 3](#)

[Story telling by migrant living with HIV](#)

[Click here to see HIV/AIDS awareness video](#)

Outputs: Around 2 million people reached through Social Media.

Outcomes: Around 2 million people provided with knowledge about their health and labor rights.

Activity no-10: Awareness raising through social, main stream media & IEC Material.

Description: This activity was an extension from 2020 as the brochures could not be distributed then due to COVID-19 restrictions. But this year, 50,000 brochures (Attachment 4) were distributed to Overseas Employment Promoters in Swat, Rawalpindi and Islamabad. The promoters were briefed to provide the brochures to intending emigrants. The brochures aim was to aware emigrants about HIV/AIDS, its prevention and response by providing relevant information. Awareness about relevant deportation information of emigrants was also provided in the brochures as contraction and positive test of HIV/AIDS may lead to emigrants' deportation. The promoters were also briefed by SPEAK's team so they may help emigrants in understanding the virus.

Output: 50,000 brochures were distributed to Overseas Employment Promoters in Swat, Rawalpindi and Islamabad.

Outcome: More comprehensive IEC material on HIV & AIDS will assist migrants in raising their awareness and lowering their risk of HIV infection.

List of Attachments

Attachment # 1: *Policy Brief – “Include migrant workers’ HIV related needs and streamline deportation process of HIV positive migrants”*



**Policy
Recommendation.pdf**

Attachment # 2: *“Guidelines for medical and non-medical staff on ethical treatment of PLHIV”
Brochure in Urdu Language*



**Hospital
Brochure.pdf**

Attachment 3: *“Guidelines for medical and non-medical staff on ethical treatment of PLHIV”
Poster in Urdu Language*



Hospital Poster.pdf

Attachment # 4: *“Brochure on Important information for potential migrants on HIV/AIDS”- in
Urdu language*



**Brochure for
Potential Migrants - S**