



Thank you for choosing to find out more about our health project. Let me provide you with a brief overview of our vision.

The Conserve Clinic: - What will it look like?

First: Is there a Need?

Yes, very much so! In January 2010 I examined 50 of our 193 members of staff from 4 different classes of employment. The principal findings are below;-

- 79% of staff had a medical problem requiring intervention – of these 68% were successfully treated or commenced on long term therapy in our clinic
- 36% had a condition seriously impacting on either quality of life or life expectancy
- Most complaints were long standing (average of 3 years) and the most frequently quoted reasons for not having sought medical attention earlier were related to difficult access to healthcare institutions either due to distance/cost.
- Approximately 50% of consultations included queries about general health and sanitation – something that could easily be addressed in a workshop.

Not only will the Conserve Clinic remove the current barriers our employees face when needing to access healthcare, but our public health workshops will also address a general lack of knowledge regarding public health issues, thereby reducing the prevalence of many preventable diseases, and empower people to live healthier lives.

How will the clinic be structured?

5 days a week the clinic will be staffed by a doctor. The duties of this person will be to provide a general outpatient clinic twice a week, follow up once a week, and workshops two days a week. They will be supplied with a car in order to reach patients at home if required, and to mobilise the clinic into slum areas where the ragpickers are working.

The remit of the services will be to pick up any long term illnesses prevalent in India, such as Diabetes, and high blood pressure, as well as managing the many febrile illnesses that plague this social class in all seasons.

For those identified as having an ongoing issue – Diabetes, weight problems, poor dentition, evidence of poor nutrition – there will be a follow up clinic to monitor response to treatment.

In addition there will be specialist clinics once a month – including Paediatrics, Dermatology, Ophthalmology, Dentistry and Antenatal care.

The public health workshops we have prepared in the first instance cover the following topics:

1. Antenatal care
2. Breastfeeding
3. Breast examination
4. Cholesterol
5. Dentition
6. Diabetes
7. Diet
8. Immunisations
9. Hypertension
10. Sanitation
11. Sexually Transmitted Diseases
12. Substance Misuse (nicotine, alcohol, illicit substances)

How will the Conserve Clinic achieve all of this?

With your help! We've got the groundwork in place, and have used our own resources to provide the essential equipment needed, now we just need your valuable contribution to complete our supplies, and staff the clinic. Here are some photos of the work we've done so far.



Conserve India is run as a not for profit organisation. The waste plastic is collected, washed, and upcycled into Handmade Recycled Plastic (HRP). Value is then added by manufacturing the sheets of HRP into fashion accessories, principally handbags, jewellery, and footwear. The income from exporting these products is, after costs, invested in supporting schools in neighbourhoods where Conserve employees live, providing training for all employees, and offering soft loans, so that workers can start up their own businesses. It should be noted that Conserve's costs include significantly higher wages than ragpickers would receive selling the waste they collect elsewhere. Within this context it is impossible for Conserve to fund a fully fledged health clinic. We hope that having read this proposal you will share our dedication to significantly improving the health of Conserve India employees.

With just \$50 we can provide all of the 22 or 23 gauge needles that are required , \$100 will pay for almost half of the folic acid we need to give to pregnant women to prevent neurological problems in the first trimester, \$200 pays for two years supply of rubber gloves for the clinic, \$500 would vaccinate 100 children each year against polio, measles, mumps, and rubella, and \$1,000 will cover all the equipment needed to test for diabetes for two years.

To find out more about the clinic, including how to donate or help in other ways, please contact me at mandanamehta@gmail.com

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