



Assistance Association for Political Prisoners (AAPP)

နိုင်ငံရေးအကျဉ်းသားများကူညီစောင့်ရှောက်ရေးအသင်း

No.(75), 33 Extension Ward, Oakthapayar Street, Dagon Myothit (North), Yangon, Myanmar

E-mail: info@aappb.org Website: www.aappb.org

APRIL NEWSLETTER 2020

DISCUSSIONS

Self-Care and Mental Empowerment Talk at Nine Quarantine Centers

AAPP has provided numerous self-care and mental empowerment talks at quarantine centers (COVID-19 Infectious Disease Control Center) in Bago Region from April 18 to help reduce the stress of residents, health workers & volunteers, in order to help them be more aware of COVID-19 prevention techniques.

The talks were led by AAPP's counselor Hnin Pan Eain and AAPP Rangoon Office Head Aung Myo Kyaw, AAPP's members Wana Nwel, Kyaw Oo, Lwin Moe Myint, Khin Maung Win, Maung Maung Naing, Moe Kyaw Oo, and Than Htike participated. Local parliamentary representatives, local officials, Township administrators, Township doctors, 88 Generation Peace and Open Society members, former political prisoners, volunteers, and COVID-19 Protection Committee Members cooperated.



Figure 1 Delivering speech at quarantine center

From April 18 to April 26, AAPP's counselors were able to deliver the motivational speeches on promoting mental health to; those in quarantine, health volunteers & workers, police officers, and other relevant department personnel in Bago East, Bago Division Bago, Yedashe, Township, Taungoo Township, Nyaunglebin Township, Kyauktaga Township,

Oktwin Township, and Pyu Township. A total of 446 quarantines of people were present and 138 volunteers attended the speech.

- 153 quarantines of people and 35 health volunteers at two quarantine centers in Bago Town
- 111 quarantines of people and 20 health volunteers at a quarantine center in Yedashe Town
- 30 quarantines of people and 10 health volunteers at a quarantine center in Swar Town
- 52 quarantines of people and 15 health volunteers at a quarantine center in Taungoo Town
- 23 quarantines of people and 10 health volunteers at a quarantine center in Nyaunglebin Town
- 30 quarantines of people and 30 volunteers at a quarantine center in Kyauktaga Township
- 11 quarantines of people and 10 health volunteers at a quarantine center in Oktwin Township
- 36 quarantines of people and 8 health volunteers at a quarantine center in Pyu Township

The following links are also available:

<https://www.youtube.com/watch?v=-rWuv9ve6Oo&t=4s>

https://www.youtube.com/watch?v=AoWpvQ_SCRk&t=6s

GENERAL ACTIVITIES

Blue Shirt Campaign on 6th Year Anniversary of Journalist U Win Tin's Death

On 21 April, on the 6th year anniversary of the death of the journalist U Win Tin, AAPP led a blue shirt campaign demanding the unconditional release of all political prisoners. Former political prisoners, officials from different embassies, activists and members of

various organizations participated in the campaign, wearing blue shirts and calling for the release of all political prisoners.



Figure 2 Blue Shirt Campaign

ACTIVITIES IN COVID-19 OUTBREAK

AAPP participates in the Assistance Program from Former Political Prisoners to Former Political Prisoners

The Assistance Association for Political Prisoners (AAPP), in collaboration with the People's Party and other political prisoners organizations, has provided a list of former political prisoners in the movement to support the former political prisoners who need assistance during the COVID-19 outbreak.

Besides, the AAPP team has joined hands to support around 500 former political prisoners living in Rangoon Region. Moreover, we have been connected through Ko Bo Tauk, the former political prisoner, to provide assistance to around 40 political prisoners in Kyaukgyi Township.



Figure 3 From Former political prisoners to Former political prisoners campaign

In addition, as Former Political Prisoner U Phyo Min Thein" planned to support former political prisoners, the list of former political prisoners, organized by the AAPP has been sent to provide assistance to former political prisoners.

As AAPP was requested for help from We Love Yangon, each day the AAPP transported volunteers by two office vans. AAPP helped when Parliamentarian Than Naing Oo for Pabedan Township in Rangoon to provide assistance to those in need in Rangoon Division. PPE uniforms, masks, gloves, insecticides sprayers, and other necessities were provided in connection with the donors in Yedashe Township, Bago Division. In April, AAPP donated 500 masks for the Shwe Pyi Tha Township, as Tint San, a former political prisoner, highlighted the urgent need in the community for them.

Mental Health Assistance Program(MHAP) Counseling

Online Mental Health Consultation Program

The Assistance Association for Political Prisoners (AAPP) launched an online mental counseling program on April 3 to help alleviate stress and anxiety during the COVID-19 outbreak. During April, AAPP's counselors were able to provide online counseling to 20 male Burmese clients and 26 female Burmese

clients from Rangoon Division, Bago Division, Mandalay Division, Magwe Division, Irrawaddy Division, Karen State, Kachin State, Mon State, United State of America, and Thailand, who contacted AAPP to receive counseling.

Publish Videos about Self-Care

AAPP's trainer, Htin Aung, has posted a video about self-care online. The following links are available:

<https://www.facebook.com/634323476905777/vid eos/2874302449325464>

<https://www.facebook.com/634323476905777/vid eos/629672160946014>

<https://www.facebook.com/634323476905777/vid eos/682589505911927>

<https://www.facebook.com/634323476905777/vid eos/525846871703438>

For more information:

Assistance Association for Political Prisoners
(AAPP)

U Tate Naing (Secretary)
+95(0) 9428 023 828

U Aung Myo Kyaw (In-Charge of Rangoon
Office) +95(0)942811 7348

U Kyaw Soe Win (Chief of MHAP)
+95(0)9774336760

