

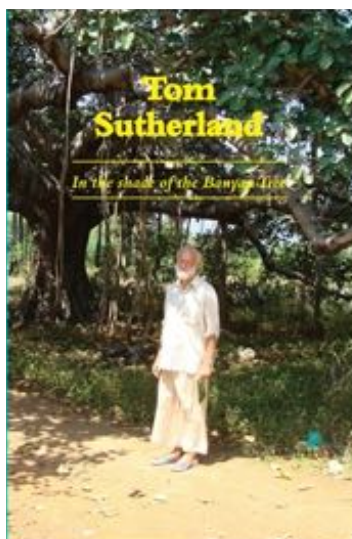
Health Help International

Tidings



November
2020

Another issue of ***Tidings***, the nights are getting longer, the days are shorter and Covid is still with us. There are more restrictions and we all miss going to church. We are going to miss it even more as we approach the season of Advent. But, to snatch some comfort from this difficult time, we are probably spending less on inessentials and many of us are getting a bit better at using our computers to join *Zoom* meetings and to watch services on *YouTube*. Through the wonders of technology, the management committee continues to function and to be in regular contact with each other and with our partners overseas. So the work goes on!



Those of you who have supported HHI for some time will be aware of our longstanding partnership with Tom Sutherland who has lived out his Christian faith amongst some of the poorest people in India. For nearly fifty years he has worked tirelessly to support the ill and vulnerable in Kerala and was an inspiration to Ron Prosser, the founder of our charity. He also became an inspiration to Iain Park, one of Ron's longstanding friends, whose regular visits to India enabled him to piece together Tom's remarkable story. That story has now been published and the book can be obtained from the Newport HHI office, online at <https://www.sfhhi.org.uk/shop/>, by contacting the author on 01357 520204, or emailing him at ian@rhonadale.co.uk.

It would make a wonderful and uplifting Christmas present.

Incidentally, this is the same Iain Park who, at the age of 83, cycled fifty miles around his hometown of Strathaven and who has bagged all the Munros in Scotland. Where does his energy come from? As well as our usual reports from Zambia and India this edition contains an interesting challenge. One of our trustees, Chris Byrne, wonders if you can do better at transforming potential landfill into lots of pounds for HHI.

As we approach the end of a momentous year, all of us at HHI wish all of you, our loyal supporters, a wonderful and safe Advent and Christmas.

An Update from India



The Happy Valley Disability Centre

At the Happy Valley Disability Centre, online classes continue, and the staff are sometimes able to visit the children in their homes. Sadly, one of the benefits of the centre – that the parents get a respite from their special needs children – is not available at the moment.

Nevertheless, the life-saving work providing medication and surgery is continuing. Philip tells of one individual who has been helped:



I am sending one story of a patient called Girija, a 55 year-old woman from Rejitha Bhaven, Kollamkonam. Her husband is an autorickshaw driver. They have three daughters who are married to three pastors. Girija is diabetic and has chronic kidney disease. One of her toes had to be removed last week. HHI paid for the operation and for the medicine that was needed.

Philip would also like to provide more food support for families whose wage earner has been thrown out of work and who are hungry. He writes:

I think in this month we will buy the same items and same number (28 packs) for the Mulluvila Assemblies of God church. In 100 Acar near Vithura there is a Pentecostal church: 30 poor Dalit families attend the Sunday service. Could you arrange the food kits for them? I am planning to start a tuition group there next year.

Each food pack costs just £6.



The Neyyar Dam Sewing Project

As we had hoped in our last **Tidings**, we have been able to expand our work through Pastor Wilson in the community near the Neyyar Dam. Over the next few months, we will send out money regularly to provide sewing machines for poor families, as well as a tuition programme to help them acquire enough skills to supplement their income. We also provide them with chickens, and the supply of eggs provides a source of income as well as food. There is a steady stream of requests for help with more major surgery and we make grants to individuals who have particular health problems.

Mrs Lali can now provide for her family thanks to a sewing machine paid for by our supporters



More food packs distributed



We have known Pastor Samuel for a long time. He recently wrote to us asking us to help for the members of his church, who had lost their livelihoods to Covid-19. Two of our supporters heard about this and, as a result, we were able to send out some money for food packs for his church members. He writes:

Thank you very much for your loving kindness and prayers for our church.

I thank God for his faithfulness to us. God is great. He loves us, He cares for his children, He never forsakes us, He comes to us in our difficulties, He is the prayer-answering God.

We were really struggling in many areas for the last few months.

The Corona Virus affected us very badly. We have faced hunger, unemployment and physical illness and it is still continuing.

Thank you for caring for our church in this most difficult situation. We are so thankful to you. We love you so much. May God bless you all.

Pastor S.P.Samuel

Asha Kiran Ashram

Pastor Santhosh keeps us well informed about the ongoing work. He writes:

Our staff have contacted our students and taught about the need for mask wearing, use of sanitizer and social distancing. By the abundant grace of God, no Covid positive cases have been reported among our students and staff.

From this month onwards, our staff especially Mrs. Rani, are able to visit the homes of some of our children. Other teachers have enquired about their whereabouts through phoning. Next week other visits are planned.



Uma and Miss Vinitha

Our Physiotherapist Miss Vinitha is actively participating in the enquiries about our children and also she has visited some of our students who were undergoing Physiotherapy Exercises in our School. Many students have benefited from these programmes and there have been many expressions of gratitude from the local community for the progress the children are making.

Beulah

Many of you will remember Beulah and how her life has been transformed by having prosthetic legs. She now has new legs which are jointed at the knee and ankle. This is a new challenge for her and she is struggling to get used to them.

Her parents are very appreciative of the support Beulah has been given even throughout the Covid pandemic. Pastor Santosh writes:

God willing, Asha Kiran Ashram will be giving rays of hope to more students in the coming days. Next year we are aiming to admit fifty students and provide rehabilitation for the many needy children in our community.



Problem or opportunity?

Several centuries ago, alchemists attempted to turn base metals into gold. Needless to say they failed but Chris, a trustee and volunteer from North Wales, came close to achieving it.



About 5 years ago, he picked up just over 100 chairs from a local Church and stored them until the time came to ship them in the container to Zambia. They were perfect for schools there. Made of wood with metal frames – they were termite proof. But then we stopped sending out containers and were left with a roomful of unwanted chairs. Or so we thought until the alchemy took place!

Chris's son and his girlfriend Lorna suggested selling them online to raise funds for HHI. Thinking they were worth £20 and would sell quickly that is what they did. Over the next three months, most

of the chairs were sold and there are now only a few left. And the surprise is that this modern Alchemy has raised just over £900 which is much needed for our work in Zambia and India.

So, if you have anything lying around that is no longer any use to you perhaps you could turn it into money and donate the proceeds to HHI. Chris used Facebook Marketplace but of course there are other ways to sell online.

We thank God for the unexpected opportunities we have to serve Him and those who are vulnerable or poor.

News from Zambia



Hope and health for Bibian



Bibian Mainda spent her 22nd birthday in hospital following the amputation of her left leg. This must have been a relief to her as for most of her life she has struggled with an acute lymphatic disorder. Her lower leg and foot have been horribly disfigured, with swelling and painful broken skin. Bibian has always been very conscious of her disfigurement and when she managed to attend school she was shunned by her classmates.

Bibian's mother is a single mum who struggles to support her family and has to take on piece work to earn money. This has meant relocating to different areas and relying on

her rural family for help. Since Bibian was 8 years old, HHI has funded trips to hospital, medicines, nutritional supplements and special visits from doctors. None of these has improved her condition. Finally, on September 22nd she was admitted to Monze Mission Hospital and, under the care of Dr Ngalula, her left leg was amputated below the knee.

Following the surgery, she celebrated her birthday with a cake and a gift from HHI. We will be funding a wheelchair, steel crutches and an artificial limb when healing has happened. We really do hope and pray that the years of suffering will come to an end and that Bibian can start a new life.



Covid 19 and protecting people with disabilities



There are over 1,000 disabled people in the Monze district, and many of them head up households. Social distancing is not an option if you are blind or need lifting into and out of a wheelchair to access poor toilet facilities. The need to hand sanitize and wash regularly is not understood by many people in rural areas because of limited media communications, illiteracy, and poverty. Purchasing soap and hand sanitizers is not an option when you are struggling to feed your family.

Water Aid has provided over 200 bars of soap and many more bottles of hand sanitizer which were then distributed by HHZ to the disabled in rural communities. As the visits were made, the HHZ staff gave advice on how to use the products to combat Covid 19.



Nearly 70 households with disabled people were visited by HHZ and they were delighted and grateful that they had not been forgotten during the pandemic.

We hope to continue this partnership so that many more villagers can receive this important protection against the virus.

CPAP is saving lives in Chipata

Following the relaxing of the first wave of Covid restrictions, the CPAP machine (Continuous Positive Airway Pressure) arrived safely in Chipata Central Hospital, Eastern Province Zambia. This machine was specifically asked for by the neonatal department to help the preterm babies who need respiratory support. The paediatricians are very pleased that HHI funded this much needed equipment and we are grateful to Global Health for ensuring that the machine was delivered safely. The Punami Bubble CPAP is specifically designed to work well in adverse conditions and has a long life span.

Dr Martha Nampungwe sends us these words of appreciation.:

'The CPAP machine was well received and is helping in the management of the newborns who are in need of respiratory support. However, the challenge comes when we need to use the oxygen concentrators for others patients who are in need of oxygen, as the Oxygen concentrators are still few.'

Thank you to all supporters and the HHI team for your help and concern.



Flush Toilets for Pupils at Muumba School



Finally, after many setbacks and overcoming supply problems and currency depreciation, Mr Bbilika has managed to complete the ablutions block for the pupils at Muumba school. The numbers of children attending the school are growing and the pit latrines were not coping. The new block has a large septic tank, and there are separate flush-toilets and hand wash basins for males and females. There is also disabled access to the toilet block.

Mr Bbilika writes that there are some challenges such as acquiring regular cleaning materials but, knowing him, and the staff at Muumba school, we are sure that these will be overcome.

At the time of writing, an official opening is being planned with invitations to the District Education Board secretary and the HHZ team. We must congratulate Muumba school on their perseverance in completing this project despite the difficult circumstances arising from the pandemic.

The Resuming of the Menstrual Hygiene Programme



In the latest report from Monze, it was good to read that the menstrual hygiene programme has resumed in primary and secondary schools. This programme involves two trained members of HHZ staff visiting the schools and educating the girls on the often 'taboo' subject of menstruation. The girls receive free packs with purpose-made washable sanitary pads and two new pairs of pants. The two ladies who deliver the training are

Primeldah and Alistair, who make the washable pads and prepare the packs during school holiday time.

On their recent visit to Haakwaambwa and Kaumunzya primary schools, Alistair and Primeldah noticed that the girls were not wearing face masks. As a result, the seamstresses decided that they will now include a sewn mask in the packs too. Well done Alistair and Primeldah. Thank you for looking after the girls in more ways than one.



Just for fun A Biblical wordsearch

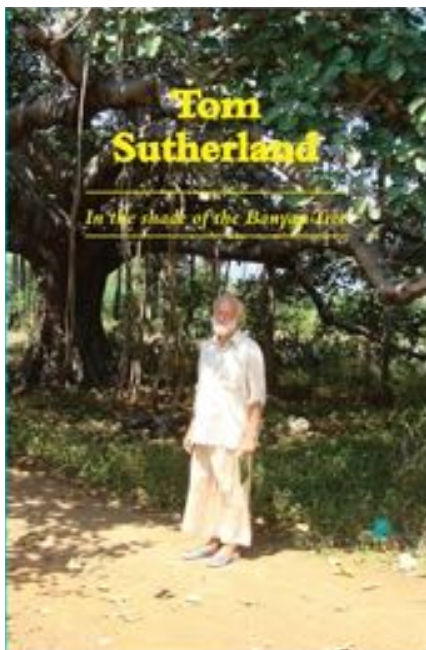


Bartholomew, Blessing, Breaking, Christ,
Church, Commandment, Communion,
Consecrated, Covenant, Cup, Disciples,
Eat, Eucharist, Faith, Feast, Fellowship,
Iscaiot, John, Matthew, Meal, Paschal,
Peace, Peter, Philip, Power,
Remembrance, Resurrection,
Sacrament, Sacrifice, Sharing, Spiritual,
Thaddaeus, Thanksgiving, Thomas,
Wine

After you have found all the
words, use the leftover letters
in the correct order to form
the **mystery answer**.



Christmas presents?



£15.00

Health Help International

Alternative Gift Catalogue

Gifts that change lives
throughout the year



Supporting Medical Work

This is perhaps the most important aspect of our work and is reflected in our title - **Health Help International**. It naturally consumes a large proportion of our income.

Gift Code	Description	Cost £
M01	Sheet, pillow, lungi, plate, cup	5.00
M02	Transport to hospital	10.00
M03	General medicine, drugs and antibiotics	15.00
M04	Orissa medical outreach	20.00
M05	Sensory aids e.g. spectacles, hearing aids . . .	25.00
M06	Dialysis session & drugs for kidney patients	60.00
M07	One month's funding for a bystander (Shibu)	200.00
M08	Wheelchair	100.00
M09	Nutritional food for children in hospital	50.00
M10	Angiogram for heart patient or CT scan	100.00

£5.00 - £1,000.00



Do you realise that it is now possible to make donations and/or pay for 'goods' in many ways?

You can use cash, cheque, credit card, debit card or pay by electronic transfer of funds.

You can do so in person, by post, via the HHI website (see below), or by emailing or telephoning the office. If in doubt - ring the office!



Don't forget: Keep in touch with us via our website and/or our Facebook page. There's plenty of up-to-date information available on both sites to keep you informed.



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