

# Health Help International Tidings



November  
2023

A big thank you to Big Picture Charity Films!



Our annual trip to Zambia was truly a memorable one as Nik and Maria Read from 'Big Picture Charity Films' accompanied Jute Williams to Monze on 10<sup>th</sup> September. Nik and Maria are an experienced film-making team and earlier this year they captured the work of HHI in India. The clear and inspiring films from India are all available on our website.

This time it was the turn for our Zambian work to be filmed. Nik and Maria spent five full days viewing the range of work carried out, including travelling to the schools with disabled children which receive HHI support. They also visited and interviewed individuals who have received grant funding, filmed the work of HHI in the hospital, accompanied the team on their Menstrual Hygiene outreach visits to schools, and captured the wonderful work being done in the compound by the dedicated HHZ staff.



We know it won't be long before you, too, will be able to see the wonderful and successful outcomes of your support in films on our website. In the meantime, we want to say a huge thank you to Nik and Maria for their commitment and enthusiasm in sharing our work with the world. We give thanks to God for keeping them safe during their stay in Zambia and on their travels to and from the country.

## Developments at Choongo School

The long-awaited kitchen rebuild has happened at Choongo school. The old ramshackle tin rondaval was prone to flooding and the roof would often blow off in high winds. The disabled students would often have to wait many hours for their food to be prepared. But not anymore! Thanks to your donations and that of the BPCF, the new block-built kitchen is now nearly finished, complete with electric power and a storeroom. Mr Mwzila, the headteacher, said it should be in operation by the end of September (so it should be up and running by now). There are 60 physically disabled residential students in Choongo school, but sadly the dormitories can only accommodate 48 and so many students have to share a bed. There is one new toilet for the girls with wheelchair access and ramps but not one for the boys. We have more work to do here!

HHI has funded three students in Choongo school, two of them for nearly 8 years. For the first time this year during our visit we were able to meet and chat to them. Chipo, who has dwarfism, is about to sit her grade 12 exams and wants to become a nurse. May Chipo go in strength and achieve her goal! We give thanks for the new kitchen, and we pray that we can continue to help by providing an additional dormitory and a boys' toilet.



Old  
kitchen



New  
kitchen



More dormitories needed



Chipo and Jute

## Monze Mission Hospital

The six 23 kg suitcases which we managed to take with us to Zambia on this visit were packed with unwanted and unused (in the UK) stoma and colostomy supplies, boxes of sterile gloves for all hospital procedures, and injection swabs. The senior nurse was very pleased to receive them. There will be more boxes of these items arriving at the end of October when a container will also be delivering the brand-new autoclave to the hospital. The autoclave has been purchased by HHI



and a contribution was also made by HHI towards container shipment. It will make a huge improvement to the hospital when it arrives, as the current autoclaves are barely limping along, with frequent repairs needed.

During our visit it was great to see the fruit trolley coming in through the children's ward and Memory, the nurse in charge of nutrition, giving every child an apple and a banana. HHI gives £80 every month to support the children's diet. The other outcome of this funding is that Memory uses some of the funds to provide a weekly cooking demonstration to the mothers who have had children in the malnutrition ward. This helps them to understand how to choose and prepare the foods which can prevent their children being re-admitted.





## Kazolo - one year on . . .

Exactly one year ago, during our first post-covid visit to Zambia, we found Kazolo, a 37-year-old man with cerebral palsy, lying in the dirt with no shelter. His elderly father was just about managing to care for him. Kazolo's mother deserted him at birth. We highlighted his plight in our December 2022 edition of *Tidings*. As a result of your continuing support, it was a real pleasure to visit him this year with Nik and Maria, and to find him sitting under a tree in his wheelchair, smiling and well dressed. He now has a small but well-constructed house with a bed and a mattress. HHZ staff visit him regularly, and noticed that, because of his incontinence, his mattress was becoming soiled. After explaining the situation to Alistair, the HHZ seamstress, three waterproof mattress covers were made and we delivered them to Kazolo along with some food supplies. Kazolo's father, brother and nephews were so pleased with our gifts they danced for us and even Kazolo felt the rhythm. We thank God for the amazing difference which has been made to one of His children, and we pray that the work of HHI can continue to make a difference.



Kazolo having his wheelchair checked by Robbie



Waterproof mattress cover made by HHZ seamstress Alistair.



Kazolo and family dancing in appreciation



Kazolo's father outside Kazolo's house

## Helping those in need to help themselves



It was extremely encouraging during our Monze visit to see so many successful grant beneficiaries. These were disabled people or single mothers of disabled children who struggled during covid and were dependent on HHZ for monthly food supplies. Since 2022 the food parcels have been replaced with a start-up capital programme.

Augustine, as you may have read in our previous edition of *Tidings*, is doing well with his shoe repair business. Jute went to visit him and, although she didn't have any shoes for him to repair, he did make her a new pair of sandals.

Then on to Irede and her tomato stall which was surprisingly busy. Irede is a good communicator and was engaging well with her customers. She now has an income to help her disabled son and three other children.

The last visit for the day was to Sylvia who has a 6-year old disabled son, Simon. Sylvia makes scones which are delicious, and she also sells sweets and soft drinks.



Her stall is opposite a school entrance and is doing very well. We were able to give Simon a new wheelchair when we visited. This wheelchair was one of 20 donated to HHZ by the Bank of Zambia. Simon can now sit safely alongside Mum at the stall while she serves the customers. We thank God for bringing these vulnerable people through Covid, and we pray that they will remain in good health so that they can continue to support their families.

## Nanga Special School

Thanks to you, our supporters, HHI has managed to fund so many improvements to Nanga special school that it is difficult to know where to start. The Head teacher, Mr Bweupe, couldn't thank us enough when we visited with Nik and Maria. It was nearly dinner time when we arrived, so the house mothers were in action in the dining room preparing the food for about 40 students. The students were seated patiently on the sturdy benches made by Robbie, the HHZ carpenter, and those in wheelchairs were helped to wash their hands at the tap by those who could walk. The atmosphere is always very homely and quiet as many students are deaf and a lot of signing takes place. The school is making good use of the laptops which we donated last year along with the *Raspberry Pi* software. The vegetables are growing well because of the irrigation system and the new booster pump funded by HHI. The solar panels, too, are a bonus, as is the fact that Mr Bweupe has his own home on the school grounds. Nik used his drone to capture an aerial view of the school while Jute witnessed a very enlightening signing lesson taking place with the four deaf girls who are about to take their grade 12 exams. We thank God for all the blessings which Nanga has received, and we pray that the harvest will be successful, enabling the school to raise some income to help provide for the students.



Aerial view of Nanga School - taken with drone.



Booster pump recently purchased by HHI



Laptops in action with *Raspberry Pi* software



Deaf students learning sign language story-telling using software.



## On the shores of the Neyyar dam



HHI works with a number of partners in India. One of these is Pastor Wilson Kochukunju who runs a small NGO (non-governmental organisation, i.e. a charity) called BGM (Bethany Gospel Ministries), doing similar work to that done by Philip Mathew but in a different area. Every month we send out as much money as we can.

In addition to training women in sewing (see our December 2022 *Tidings*) we help women to buy sewing machines. This is an extraordinarily cost-effective way of providing help - a machine can pay for itself in less than two months. One person that we helped in this way recently is Mrs. Sulekha, a poor widow with two children. The earnings from her sewing machine enable her to send her children to school once more as well as meeting their needs for food and clothing. Wilson tells us that “Now she is very happy with this help. She conveys her thanks to HHI supporters.”



Mrs. Sulekha

Much of the work is medical. Recently we were able to send out £200 for Tom, a 20-year old student. Shortly after starting his course, he began to get severe stomach pains from an infected appendix. A course of 15 injections was required, but the family could only afford two. Your generosity has enabled him to complete the course; he is now cured and back at college.

Another person that we have just helped is Binoy, a college student from a poor family. Whilst doing some cleaning work high up in the building he fell, breaking various bones. The cost of the treatment was £450, but the family could only scrape together £100. We were able to send out the remaining £350.



Wilson (right) giving Tom (left) your contribution to the cost of his injections



Sindhu with her daughter

We also send out monthly support for the medical treatment of eleven people. The amounts are small by our standards (£5 to £15 a month) but a little goes a long way in India and these gifts pay for much of the cost of their treatment. These people include Sorbana who has breast cancer, Sindhu who has psoriasis, and Yesudas who is bedridden after a fall.





Yesudas

And there are the one-off needs as well. We send £150 a month for Wilson to use at his discretion. In a recent month, donations contributed to the cost of medical treatments for a leg injury, chest problems, heart problems, lung problems, a head injury, cancer, an abdominal scan and treatment, and another scan.



A last area that we support is about 130 credit unions. These are groups of about 15 women who meet weekly. Each lady contributes a little bit of money each week which mounts up until they have enough to make a loan to one of their members - to pay for medical treatment or educating a child, to buy a goat or a cow or a sewing machine, or to pay off a loan shark charging extortionate rates of

interest. These are all common needs. As the loan is repaid the money can be recycled. There are excellent safeguards in place. Communities are strengthened across class, religious and caste divides. And, as one of their members said, “the loan sharks don’t come to our village any more”. We pay for the costs of two “animators”. These are administrators who visit the groups, resolve any problems, and ensure that they are running well. About 10,000 people benefit directly or indirectly - all for £100 a month.

## Hospital work

Shibu, our full time bystander (a nursing auxiliary), is continuing his life saving work at Trivandrum Medical College Hospital, enabling needy patients, who have no bystander of their own, to access the medical treatment that they so desperately need.

Recently he was looking after no less than seven patients (normal bystanders look after just one):

- ◇ Ravindran, who fell from a bus and fractured a leg - he has had an operation but is unable to go to the toilet without help.
- ◇ Soman, who was hit by a car - he also has had an operation and is able to walk with the support of a walking frame.
- ◇ Kunjumon, who fell into hole by the roadside and broke a leg - he has had an operation but cannot walk so Shibu has to take him to the toilet.
- ◇ Rajendran, who fell from a coconut tree and fractured a leg - he has had a steel rod implanted but cannot walk at all so he is another person whom Shibu has to take to the toilet.
- ◇ Sasidharan was hit by a bike while he was crossing the road and sustained a broken leg. He was awaiting an operation so could not walk.
- ◇ Mohanan, who has just started walking using an orthopaedic shoe and crutches after his accident which led to a serious infection.
- ◇ Murali had a growth in his throat. His wife and children abandoned him. He has now been referred to the regional cancer centre.

In addition to all this, Shibu is a point of contact for the nursing staff who often find that patients cannot afford to pay for things or medicines that they need. We do our best to meet these needs.

For all this work, Shibu receives no pay, just his living expenses — and the joy of helping these people in desperate need. Truly his reward is in Heaven.



Shibu and some of his patients





## Our next Supporters' Event

will be held, starting at **3.00 p.m. on Friday 17<sup>th</sup> November 2023**, at  
**Nant Coch Church, 68 Fields Park Road, Newport NP20 5BH.**

Please drop in for a chat, refreshments and crafts for sale in support of HHI.  
Meet the team, ask questions, and see the videos from India, and Zambia if they are ready.

**Then join us at 7.00 p.m. for worship and thanksgiving for all that God has achieved through us in India and Zambia.**

## A Reminder

**Indian Leaf cards** (both Christmas and general) are available via the Strathaven website <https://www.sfhhi.org.uk/shop2/>

Please use the **Alternative Gift** catalogue

online at <https://hhi.org.uk/get-involved/alternative-gifts/>

or by post (in which case, ask us for a form by email or phone).

Have a good look at our **website**, particularly the **films** section, at

<https://hhi.org.uk/films/>

## Need a mid-week speaker or someone to lead a Sunday service?

If you would like one of our team to speak about the work of HHI at a meeting of a church group or of an organisation to which you belong, or to lead worship at a Sunday Service, please contact us using the 'phone number or the email address given at the bottom of this page, and we'll do our best to accept your invitation.

**We wish you all  
A Blessed Christmas and a Happy New Year**



**Health Help International**

(registered charity no.1078353)

**Stow Park Church Centre, Brynhyfryd Road, Newport NP20 4FX**

tel: 01633 671055 email: [office@hhi.org.uk](mailto:office@hhi.org.uk)



web: [www.hhi.org.uk](http://www.hhi.org.uk)

