



Behind the Numbers



The work of Health Help International in
Zambia and India

Introduction

How many patients have been treated? How many units have been sold? How many children attend school regularly? How many customers express a high degree of satisfaction with our services? Those of us in the world of work are often hounded by these questions and others like them.

A charity like HHI is not immune from these pressures and those who fund us rightly expect that we are clear about some important numbers. They will be interested to know how much money we have raised, how many containers we have despatched to Zambia, how many walking aids have been distributed, how many sick children in India have been treated. They will want to know how many local people have been given good, long term employment, how many have been trained to support themselves and how many people who have problems with hearing or with sight have been helped. They may also want to know how many destitute or distressed people have been given shelter or how many wells have been dug in an Indian village.

Sometimes, however, the numbers do not tell the whole story and we need to hear the stories of individuals if we are to connect with the work being done. In this, as in all aspects of our work, the Gospels are our inspiration. There are big numbers there of course and we remember the feeding of the five thousand. What we probably remember more are the stories of individuals - the woman at the well, blind Bartimeus, the woman who touched the hem of Jesus's garment, the man who was paralyzed, the widow's son, Lazarus and many others.

This small booklet will help you to meet five individuals helped by HHI . We hope that they make an impact upon you. Their stories and many others like them lie behind the numbers.

Jonah Sialumano



I am 36 years old and the Disability Affairs Manager at Health Help International in Monze in Zambia. It's a job I enjoy and I am glad that I can bring support to the disabled people living in and around Monze.

Life has not always been easy for me. I was born in Masongozi and when I was three years old I contracted polio which left me with a paralyzed left leg. My father helped me as best he could and got me some

wooden crutches from Lusaka, but I was soon covered in bruises and cuts from falling. Unfortunately, my mother died when I was eight and my grandmother stepped in to take care of me. Through it all, I kept going to school and was eager to get as much education as I could.

When I eventually went to Kalomo secondary school, I was determined to work for Zambians who are disabled. Later on I took a diploma in Social Work from Lusaka University which specialised in community based intervention for the disabled.

Before I came to HHI in 2006, I had to move around a lot to find work. My disability didn't stop me doing this, but lack of a pair of crutches would have. I realised at a very early age what freedom a pair of crutches brings to a disabled person. They have been my lifeline. So you can understand why I always look forward to unpacking the container regularly sent to Monze by HHI supporters in the UK when it contains crutches, wheelchairs and other walking aids.

In my new managerial role, I know that I will need to work very hard to tackle the great needs that we see every day in Monze and in the outlying villages. But I am optimistic about the future. I want to continue to upgrade my qualifications and to develop and extend all the projects run by HHI which support the disabled communities in Monze.

I want to say a thank you to HHI not only for employing me and developing my career, but also for its ongoing concern to help the vulnerable and disabled in Zambia. We hope that in the future we will see fewer disabled people in Zambia, but until that time there are many who will continue to need our help.

Bright Mazuba Makala



Hello! I am the one in the picture holding the key board. I was born in Mazambuka district in 1989. My parents are small scale farmers and I must have brought some light into their lives because I was named Bright.

But around seven years old, I began to lose my sight and had to be sent to a special school in Choma. I learned Braille so I could continue my studies and in spite of many difficulties - including an accident with a tractor which put me into Monze hospital - I kept going and finished secondary school in 2006 passing all my subjects at grade 12.

The next year was tough and I began to wonder what the future had in store for me, but then I came into

contact with HHI. They found me a place to stay along with other blind students and I was able to develop my computer skills by attending the centre in Monze. When teaching course interviews were held in Nkuruma College, HHI not only encouraged me to attend, but they also provided me with money to pay for my transport there. Much to my delight, I was offered a place in Mongu College of Education to train as a teacher for the blind. I know that HHI have promised to keep supporting me through my time there and will help my family with the fees that have to be paid.

In the past I would never have believed that it would have been possible for me to go to college. Now I am nineteen and hoping for a bright future. Perhaps, after all, my parents chose a good name for me.

May God bless you in 2009.

Joseph Tembo



Hello. My name is Joseph Tembo and I was born on September 19th 2000. When I was very small, I became very ill. I found I couldn't use my legs, and my arms became very weak. The doctors couldn't really explain to my parents what was the matter with me and after lots of tests in different hospitals I was sent home.

My mother and father work very hard to support me, my four sisters and my brother. She grows vegetables and sells them in the market. She

also sells kapenta which are tiny fish that we catch and fry. I tried my best to use wooden crutches to get around, but I found them too tough so my mother had to carry me everywhere on her back. This made it hard for her to get to market.

In 2007, my mother asked HHI for help and things got much better.

They gave me a wheelchair so my mother doesn't have to carry me around. She has more time to go to the market and we have more money. I can also play with my friends who take turns pushing my chair. I have even started school and I am in grade 1 at Monze Town Basic School. So, I have some things to smile about.

Mr Jonah thinks that HHI will get me some help from a physiotherapist and that my arms could get strong enough to use crutches. I am looking forward to the day I can get around by myself just like Mr Jonah.

Michael Davidson



My life changed in 2004. I had always supported my family by fishing. But then the Tsunami came! It not only demolished our house, but it changed the fishing grounds and I couldn't catch enough fish to feed my family. So, like many of my neighbours, I went to Dubai to find work and for a time things began to improve. Then I fell ill and found out that I was suffering from kidney failure.

In January 2007, I received a kidney from my mother. The

operation saved my life, but my savings weren't enough to pay for the operation and now I have a big mortgage. HHI pays half the bill for the drugs I need to stop my body rejecting my new kidney. Without their help, carrying on would be impossible.

Life for me is still full of uncertainty, but I have found work as a welder and may be able to go back to Dubai to earn money to support my family and help my children to get a good education. During the years of suffering I found faith difficult, but now it has been renewed and despite everything that has happened I can hope for a better future. In the words of some of my family 'HHI has given us a life back.'

Sulorjena



I live in a village called Mumbala. I have a son and two daughters. My husband, Raju, has had to move away to find work and life is often difficult for our family. But, despite our struggles, our children are doing well and we have high hopes of our oldest daughter who is training to be a nurse. I have had to take a government loan to pay for her place at Nursing College.

I have always worked hard and now have my own small business which HHI helped me set up.

They provided me with a start up loan which enabled me to buy enough stock and bags to run a fruit and vegetable stall in our local market. I make about 40 rupees a day - about 60p. It may not sound a great deal, but it's just about enough to live on. When there are festivals I can make as much as 200 rupees in a single day.

Like all parents my hope for the future lies in our children. I look forward to my son and daughters getting good careers and marrying well. My oldest daughter has already done very well and we all look forward to her getting her first job. I also hope that my own business will grow. I am already looking to start another stall in Aryand, a much bigger town three kilometres away.

HHI provided help at the time I needed it. They have helped me to find a way of supporting my children so that they may go on to enjoy a life which will be easier than mine. I also know that if they are successful they will, in turn, support me when I get older.

Can you help?

Thank you for taking the time to read this booklet. If you would like to support the work of HHI and provide a helping hand to people like Jonah, Bright, Joseph, Michael and Sulorjena then please send a donation to Health Help International at the address overleaf. We always acknowledge donations and would be pleased to send you a regular newsletter which will keep you informed of the work we do.

Alternatively, if you feel you could support our work on a regular basis, then please use the form overleaf.



The illustration on the front page shows a sewing class in a village near Monze funded by HHI. The sewing machines were donated by supporters from South Wales.

Health Help International (Registered Charity No 1078353)

Stow Park Church Centre, Brynhyfryd Road, Newport NP20 FX

Regular Donation

I wish to make a regular donation to the work of Health Help International (HHI) and have arranged with my bank to make payments via a Standing Order as follows:

Amount: £ _____

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Health Help International

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Account number 0012615; sort code 30 96 00

My name: _____

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As a taxpayer, I want the charity to treat all donations I make from the date of this declaration until I notify you otherwise as gift aid donations. (Please tick the box if applicable.)

Signature: _____ Date: _____

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