

# Health Help International T i d i n g s



December  
2024

Health Help International (HHI) is a volunteer-run charity based in Newport, South Wales, with subgroups in North Wales, Strathaven (Scotland) and East Anglia. Our volunteers contribute more money than the running costs in the UK, which means that every penny that our wonderfully generous supporters give us is used to run our overseas projects. In Zambia these projects are:

- wheelchairs, crutches etc. for disabled people;
- training girls about adolescence and providing reusable sanitary products;
- support to access specialist medical help;
- training disabled people to sew, and providing sewing machines;
- start-up capital for small businesses for families with disabled family members;
- support for a special needs school (Nanga) and a special needs unit (Choongo) educating disabled children;
- funding disabled students into residential educational units;
- a school in a deprived area (Muumba); and
- food in times of famine, for malnourished children in hospital, for disabled children and for children at Muumba School.



In India, our projects comprise:

- two special needs schools (Asha Kiran Ashram and Happy Valley);
- a nursing assistant in Trivandrum Medical College Hospital who ensures that people who have no “bystander” (helper) receive medical care that they would be otherwise denied;
- help with the cost of medicines, operations and other medical procedures and treatments;
- training in sewing and help with the purchase of sewing machines;
- a home for destitute women and support for a home for destitute men;
- support for over 200 credit unions;
- tuition groups that supplement state education; and
- medical camps for people displaced by communal violence.

See our website [hhi.org.uk](http://hhi.org.uk) for more details.



## Zambia First Impressions, Kath Russell from Strathaven.



Greetings from Zambia, this is my first visit to HHZ in Monze. As we go around visiting schools and families, we can see the effects of the extreme drought that is gripping the country. Rivers have dried up and there is parched scrubland as far as the eye can see. Lack of water has affected the hydroelectric power supply and there are power cuts every day; in addition there is no water in the taps. Life is a challenge for everyone.

We start the day with morning prayers and then go to the office to see the people who are queuing up to speak to Brenda, the HHZ administrator.

Many are requesting bus fares to travel to Lusaka to attend hospital appointments. Others require a wheelchair, as was the case with Chipengo age 12 who has been carried around by her mother since birth.



There is extreme poverty everywhere and people are hungry. Many times over the past few days people have expressed their gratitude for help that they have received from HHI. Be assured that your donations make a huge difference to the lives of so many people.

### Choongo Challenge Conquered!

At last, the Big Day had arrived. Choongo Dormitory was ready, and an opening day was planned. The day started with colourful traditional dancing and singing. This was followed by the school choir singing the National Anthem with great gusto. It was lovely to see so many of the special needs students involved in the dancing and singing.



Then there were speeches from “honourable guests” all in Tonga (the local language)! There was lots of clapping and appreciation shown for the work of HHZ with HHI funding.

Jute Williams gave a speech explaining how funds are raised and given so generously by our UK supporters, and highlighting the improvements HHI has already achieved in the school, namely the new kitchen and the boys’ toilet, all of which have improved the lives of the disabled students.

Kath Russell also spoke and cut the ribbon to declare the dormitory open and a plaque, donated by SFHHI, was unveiled.

There was more music and impromptu dancing - a regular 'Hootenanny!'

The Choongo dormitory will allow 48 students to sleep in their own beds and give them cupboard space. No more bed sharing!

With the new additional HHI dormitory, Choongo school now has two. The boys and girls can be accommodated separately.



### International Seamstress



It was our pleasure to make a visit to Grace who has had some traumatic leg amputations and recently had to receive further surgery because of serious infections. She is confined to a wheelchair and life is extremely challenging for her. Some good news is that she has been able to return to school every afternoon and she is benefitting from engaging with her friends.

Grace is a proficient seamstress as she attended one of Alistair's (HHZ seamstress) tailoring courses. During her 2023 visit to Monze, Jute asked Grace to make her a dress out of traditional tchtengi material (below). On her return to

the UK, Jute proudly wore her dress to church where two ladies asked if they too could commission Grace to make dresses for them. As a result, measurements were given to Grace during the 2024 visit.

Grace also made a Zambian dress for Kath which meant that in one week Grace made a profit of £44! She is the income provider for her family. There are also some tentative discussions emerging that Grace may be paid to make slings out of chitengi material for the fracture clinic at the local hospital.



### Monze Mission Hospital



The monthly funding received by Monze Mission Hospital goes a long way to alleviate malnutrition in the children's ward. During our visit we saw babies whose mothers could not supply enough breast milk because of their poor diet. Some children, like Peter, are unable to swallow food because of his cerebral palsy condition, and several children needed food supplements to heal their severe burns.



James and Trinity are the two nutritional nurses in Monze Mission Hospital who educate the parents on how to prepare nutritional food. We watched the cooking demonstration, and we were impressed to see that the ingredients were locally grown and available. HHI funds are used to buy these ingredients, and the parents enjoy a good lunchtime meal too.

In rural areas, and now with electricity not being readily available even in the Monze town, charcoal fires are needed to cook. Sadly, this has resulted in toddlers suffering burns. Keith has extensive upper body burns. The nurses dress and clean Keith's wounds every day. Honey is spread on the broken skin to aid healing. This is also purchased with HHI funding.



### Health Help in action!

During our two weeks visit to Monze not only did we witness the progress in major projects but every day there were stories of individuals having a new lease of life because of HHI funding to access health care.



Luyando is 10 years old and was born with severe leg deformities. Her parents have abandoned her, and she lives with her grandmother. Earlier this year HHI funded her operation and visits to the BEIT Cure Hospital, Lusaka. She is now able to walk with crutches and attends school.

Choongo enjoyed posing for the camera! She has received regular funds from HHI to attend hospital appointments in Lusaka. Initially she had to be brought into the HHZ compound on a wheelchair but now she can walk and is very happy to be independent.



Midnight is a mother of six children, including twins. She struggles to raise her family as her husband is in jail. The babies are underweight as Midnight doesn't have enough breast milk for both boys. During our visit we were able to give washable, waterproof nappies for the babies, funding for a month's supply of milk supplements, and HHZ, with our funds, gave her a bag of mealie meal and soya flakes to take home for the family.

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	Bedding and cutlery supplies	5.00
M02	General medicines	40.00
M03	Orissa medical outreach	20.00
M04	Sensory aids (spectacles and hearing aids)	25.00
M05	One month's funding for a medical assistant	200.00
M06	Wheelchair	100.00
M07	Nutritional food for children in Monze hospital	50.00
M08	Special medical treatment	100.00
M09	Physiotherapy	20.00
M10	Menstrual Hygiene Pack	10.00

## Alternative Gift Catalogue

### Supporting the Community

We have a number of projects in progress in India and Zambia that require ongoing funding and/or materials to maintain their viability. We also seek to provide little 'extras' for children in particular.



Gift Code	Description	Cost £
C01	One month's support for a blind/deaf person	10.00
C02	Set-up costs for disabled person's business	40.00
C03	Improvement of sanitary facilities	80.00
C04	Thanal House and Shanti Bavan (residential care for elderly/destitute person)	20.00
C05	Village well	150.00
C06	Support for credit unions	120.00
C07	Sewing machine and training for its operator	100.00

### General Support

Gift Code	Description	Cost £
G01	A top-up gift for general funds	Donor's choice



## Alternative Gift Catalogue

### Supporting Education

School pupils and older students need support for all aspects of their education: fees, clothing, equipment, etc. In addition, new teachers need to be trained.

Gift Code	Description	Cost £
E01	School stationery	5.00
E02	School uniform	10.00
E03	Special needs teacher (1 month's salary)	80.00
E04	Residential school fees and tuition groups	45.00
E05	Gift for a child	5.00
E06	Special Needs school (Asha Kiran Ashram and Happy Valley)	250.00

### Supporting Agriculture/Nutrition/Self Sufficiency

Good food is one of the keys to good health. The gifts in this section will help many people enjoy the benefits of growing vegetables and fruit or rearing their own animals for food and/or milk.

Gift Code	Description	Cost £
A01	Seeds and fertilizer	20.00
A02	Hens and hen-coop	35.00
A03	A goat	50.00
A04	A calf	200.00
A06	A cow	500.00
A07	Meals and nutritional support	10.00

# Order Form

Please use **BLOCK CAPITALS**

Forename: \_\_\_\_\_ Surname: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_ Postcode: \_\_\_\_\_

Email: \_\_\_\_\_

Organisation (if applicable) \_\_\_\_\_ Telephone: \_\_\_\_\_

I/We should like to donate to HHI using your Special Gifts scheme and I/we have chosen the following:

Gift Code	Description	Cost (£)	Quantity	Total (£)
<b>Grand Total</b>				<b>£</b>

If the demand for a specific item is exceeded by the donations, we reserve the right to substitute a similar item from the same category.

Please make cheques payable to **Health Help International** and send to: HHI, Stow Park Church Centre, Brynhyfryd Road, Newport NP20 4FX (tel. 01 633 67 10 55) **OR** order online and e-bank your donation to

**30-96-00 a/c 00012615** using your name as reference.

If you pay income tax and/or capital gains tax and would like to increase your donation by around 25%,

I would like Health Help International to treat the enclosed donation of £\_\_\_\_\_ as a Gift Aid donation. **Declaration:** I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference.

Tick here to confirm:

**Office Use Only**

Date despatched: \_\_\_\_\_ Entered in record book



## Thanal

Thanal House is a home in Kerala, India for about 20 destitute women who have been rescued from the streets by a lovely Christian family. Many of these women have serious psychological needs and have been rejected by their families. But at Thanal they find acceptance, love and care. They help with the running of the home which gives them a purpose and meaning in life. Not only are their needs for food



and clothing met, but their spiritual needs are also met: even though they come from a variety of religious backgrounds, the home also provides a Christian service every Sunday, and the women all enjoy a time of singing and prayer and eagerly contribute to a time of testimony. It is a wonderful Christian witness in a Hindu-dominated culture.

We have supported and visited this sanctuary for many years, including providing the plot of land that the home is built on. We also pay most of the running costs, and recently we were awarded a grant from a charitable trust which means that we can increase our contribution.

## Shanti Bhavan



We also support a similar home for destitute men on the outskirts of Trivandrum, although not to the same extent as it is more successful in getting local donations of food and fuel.

However, they struggle to raise money to pay for rent, utilities and repairs, and they are often in debt. When we visited earlier in the year we found that their roof was full of holes, so we paid for it to be replaced. More recently, one of our supporters gave us £500 for them; this has

been sent to them, and will enable them to clear their debts and remain debt-free for many months to come. Thank you so much!

The day-to-day running of the home is in the hands of Omar Kuttan. HHI first came across him when he was in hospital with a compound fracture of his leg which needed a surgical implant. The cost was Rs. 5,000 (£50); he didn't have the money, so was about to be sent home untreated. Needless to say, your contributions enabled HHI to buy the implant, the operation was done, and he is now restored to an active and useful life. Thank you again!



## Medical work



The life-transforming – and often even life-saving – work of providing medical help to so many people continues, quietly, simply and effectively. Recently we heard of the plight of Kumari Haritha, a thirteen year old girl who had a brain tumour in need of an urgent operation costing Rs. 90,000 (£900). Like many people in the area, her parents were “coolies”, people who had no regular job but had to go out every day to try to find work – something which is in short supply at the best of times, and is even more limited in the recent monsoon season – so the family was poor and could only raise £200. We were able to make a contribution of £500, enough for the operation to go ahead – the family will raise the rest somehow.

Most months your generosity enables someone to have an operation like this. People like Selvi, a mother of two small children, and whose husband is a heart patient. She needs an operation on her kidney but can only raise £120 towards the £700 cost. Or Rejunal, a boy needing an urgent operation for a brain tumour – you enabled us to contribute £500 towards the £800 cost. Or Abhilah, who had a growth on his spine – you gave £425 towards the £600 charge. Thank you for making this happen – and please pray that their operations will have been completely successful, and that they will make a full recovery.

*It is better to light a single candle  
than to curse the darkness.*



**In your prayers, please give thanks to God for His wonderful provision, and for all that He has achieved, though HHI, to improve the welfare of the less fortunate in our world.**



## Why is this the HHI logo?



The HHI symbol portrays our desire to support the weak, restore the broken and lift the fallen.

In the background it comprises a teardrop which symbolises our wish to 'dry the tears of the disadvantaged' and a blood drop in the foreground representing our work as we try to heal their wounds.

It also speaks of the crucified and risen Christ who is our inspiration.





*Wishing you all a blessed and joyous Christmas*

### **A Reminder**

**Indian Leaf cards** (both Christmas and general) are available via the Strathaven website <https://www.sfhi.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.



### **Health Help International**

(registered charity no.1078353)

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