



We wish you all a blessed Easter



You are invited to attend

**HHI's 2025 Supporters' Spring 'Get-Together' on
Saturday 10th May: 3.00 p.m. and 5.00 p.m.**

At 3.00 p.m. come along to the garden of 496 Chepstow Road, Newport NP19 9DB for an informal time of fellowship and chat. If the weather is inclement, please call 07443 613053 to confirm, if necessary, that the venue has changed to Nant Coch Church, 68 Fields Park Road, Newport NP20 5BH.

At 5.00 p.m. gather together at Nant Coch Church for a more formal presentation of the current situation of the HHI projects helping those in need 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.

Health Help International

(registered charity no.1078353)

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

tel: 01633 671055; email: office@hhi.org.uk; web: www.hhi.org.uk

Bank: Health Help International, sort code 30-96-00, account no. 00012615



Health Help International T i d i n g s

Asha Kiran Ashram

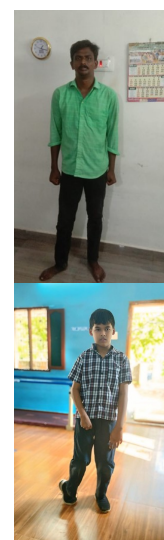
Earlier this year we paid for custom made desks and chairs for the children. These have now been constructed and delivered. They are strong, bright and colourful, and add greatly to the ambiance of the school. The main hall has also been tiled extensively, which will help keep it clean.

At mid-day mealtime each day the students sit cross-legged, if they are able to, and enjoy their meal, for instance of rice and egg curry. The food is cooked at a local government school and delivered to Asha Kiran Ashram each day for free. Some students need help to eat and the ayas (caretakers) are there to assist.

In November the District Differently Abled Welfare Officer (DDAWO) provided electronic tablets to the school, which are being utilized for educational purposes.

Then in December Asha Kiran Ashram celebrated World Disability Day at Sivaselam Deaf and Dumb School. Students participated in running and other sports activities and enjoyed snacks and lunch.

The year ended with a Christmas celebration. The program included sports activities, dancing, singing, dramas, and slogans. Students participated according to their abilities, and prizes were awarded.



Usually we hear about youngsters who are still at Asha Kiran, but sometimes a former pupil comes back. One such is Anthreya Devadoss, who returned to express his appreciation for all the help that he received in the past. He is now on a government-funded work scheme that enables him to earn a living wage.

One of the children with whom the school is working with is Jebin, a 13-year-old boy. A variety of intensive training and physiotherapy exercises have proved very effective, enabling him to walk on both plain and uneven surfaces. He is also exhibiting improved hand coordination. Work continues to address continuing problems (talipes equinovarus and wrist contracture) but the progress so far has been very gratifying.



Happy Valley



Vocational skills training

The centre continues to provide special needs education, physiotherapy, support, food and contact with their peers to a large number of children: on a typical day some 50 to 55 come, out of 64 on the roll, although at the time of religious festivals the numbers are lower.



Physiotherapy for Ishal



Devika with his gold medal

The school took part in the International Disabled Day celebration conducted by Kerala's Social Justice Board and the District Panchayat (village council). The special children participated in the programme, winning several prizes ahead of the other 1846 special children.

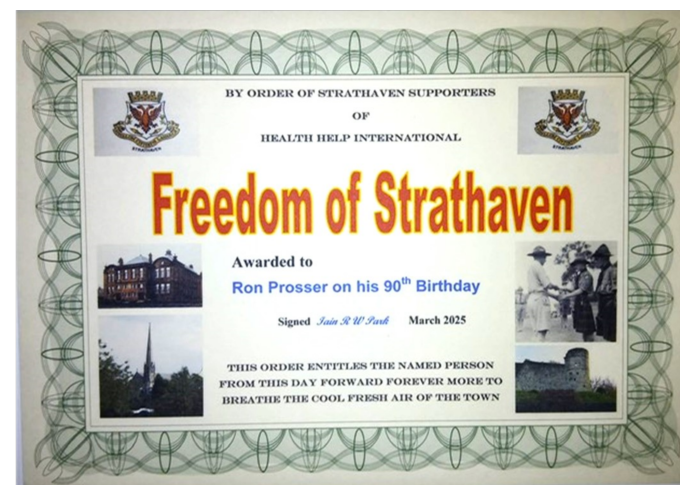
At the end of the year a team of 12 of the more able bodied children took part in the Kerala State Special Olympics in Calicut. This is a big event, with about 5600 children participating. The team did very well, bringing home one gold medal, seven silver and 3 bronze.

One problem which the centre faces is that of climate change – many parents and local supporters are reliant on finding work each day, and during the increasingly unpredictable monsoon season this is in short supply. No income and no savings mean that there is no local support for the centre. So far Philip has been able to find some other sources of income, but it would be great if we were able to increase our contribution.

The lease on the present building comes to an end soon. Philip Mathew is searching for a suitable replacement – and has had useful discussions another Indian charity in the area which has a building for special needs children but no children. Please pray that this will be successful. He is also looking for a donation of land for a purpose built building, which remains our long term aim.

Ron Prosser's 90th Birthday (16/03/2025)

Congratulations to Ron (our founder and patron) on his 90th birthday! He received the Freedom of Strathaven Town - presented by John Spurrier-Davies on behalf of Iain Park, Ian Gow and the Strathaven Friends of HHI. A beautiful gift, well deserved!



Monthly medical needs



Each month we receive a very comprehensive report from the team in Zambia on how your money has been spent, detailing the benefits to individuals and projects and the needs which have arisen during the month. Every day parents or grandparents come asking for help for their disabled and sick dependants. Often they have been given referrals for specialised treatment in Lusaka and they can't afford the transport or the overnight stay while their children are being treated.

Matron is 18 years old, blind and epileptic. She cannot walk and needs to be carried on her mother's back! Mother has a small business selling tomatoes. Funds were given to boost the business and to provide a wheelchair for Matron.



Judith is 13 years old and is being cared for by her grandmother. Judith was born with normal vision, but a severe case of malaria has left her blind, and her eyes are constantly streaming. Grandmother has no income and asked HHZ for help to take Judith to the eye hospital in Lusaka. HHI managed to send funds to help both these sad cases and many more. We pray that all those who come seeking help will benefit from their treatment and that HHI can continue to give this important monthly medical support.

Strathaven Friends of HHI

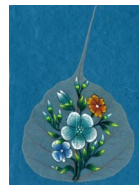
SFHHI will be running a **Café Bridge Day** on Wednesday 4th June 2025.

In previous years we have had entries from all over the country and we hope that this year will be no exception. Café Bridge is a day of competitive bridge with the emphasis on FUN. Each pair plays four hands of bridge in several cafes around the town throughout the day and lunch is included wherever you happen to be at lunchtime.

This event raises the profile of HHI and also raises money for the charity. The participants get to sample the delights of the cafes in Strathaven and briefly enjoy our lovely town. If you play bridge, or you know someone who does, please get in touch to join us on the day, you will be made most welcome. Entry details are outlined above, or contact Kath Russell on 07916 171 830.



If you are looking for a special card for Easter, spare a thought for our lovely leaf cards. Still only £2.00 each, order from SFHHI.org.uk/shop.



Thanal House update

The ladies at Thanal house have a variety of psychiatric needs, and can be very unreliable. If they weren't supervised, often they would bring water from the main toilet / wash / shower area into the dormitory, spill it and make a right mess.

As a result their access to this had to be restricted to night time and first thing in the morning, when they could be watched. During the day time they had to use a far inferior area which looked like this – a right black hole! On our visit at the start of last year we discussed various ways of improving the situation, but we didn't have the money to pay for it, and neither did Salini at Thanal.



But then last year one of our supporters had received an inheritance and gave us some of it to improve the lot of women in India and Zambia. We divided it between the two countries, and could go ahead with rebuilding the day time facilities. The work is now complete, and it looks wonderful - a great improvement, as I'm sure that you will all agree!

And there is some money left over which we are using to increase the contribution that we make to the monthly running costs of Thanal. This will help them pay for medical help and a better diet for the women, and it is already making a huge difference to their well-being.

So thank you so much to our supporter (you know who you are!).

Individual help



Often we report on the big things, but for many poor and sick people in India they may have to choose between buying the medicines they need and food. Even a small monthly donation can make all the difference.

One such is Sindhu, who has psoriasis. It can be controlled with pills, but where will the money for these come from? Her husband is disabled, and cannot do more than the most menial, poorly paid job. Just £10 a month makes all the difference.

Your donations support about 50 such people with contributions from £5 to £20 a month. Thank you for making all this possible!

'Thank you' to the Lord for His meeting our needs to enable us to do all these things.

Tailoring training giving new life skills for the disabled in Zambia



Mona, Abigail, Mainza and Florida are four young ladies who are currently being cared for in the HHZ compound while they receive their tailoring training from the excellent teacher and seamstress Alistair Mweete. Alistair has been a member of the HHZ team from its inception and she has had many successful students including Grace.

The current trainees are deaf and mute, and one is physically disabled in a wheelchair. Alistair can communicate well with them all and the reports from HHZ confirm they are making good progress. By the end of March, it is hoped that they will have graduated. £400 has been forwarded so that they will each have their own new sewing machine to continue their newfound skills and generate income when they return to their homes.

We pray that the students will be able to use their skills to support their future living. We give thanks for the donations received which have enabled HHI to fund their new machines.

Grace making a difference to fracture patients



Grace Mushiba receives monthly support from HHI. She is a competent seamstress thanks to Alistair's proficient training. As a result, Grace manages to support herself, her mother and her sister. Unfortunately, last year Grace had to be readmitted to Monze Mission Hospital to have some further amputations on both her legs to prevent infection spreading. Grace is totally dependent on her wheelchair for mobility. As mentioned in our previous edition of Tidings, there was some indication that Monze Mission

Hospital would appreciate her tailoring skills to make slings to assist fracture patients. We are delighted to inform you that this idea has come to fruition. Dr Katherine Kezen, a surgical doctor at Monze Mission Hospital visited Grace and paid her K1850 (about £50) to make the slings. Without the support of HHI through HHZ Grace would not be able to help others in need.

We give thanks to God for this wonderful outcome! A beautiful partnership between HHI, HHZ, Grace and Monze Mission Hospital.

All is well at Choongo School

2025 has started very well for the students at Choongo school now that the new dormitory is fully in use. Mr Muzila, the head teacher, has expressed his gratitude to HHI with a lovely letter of appreciation:

I wish to express my sincere gratitude on the handover of hostel. Our boys have now moved in the new hostel and the congestion is now over. We are very grateful for this wonderful development. We have had an increase on enrolment of children with special needs starting last year, without the new hostel I don't know what we would have done. I can joyfully say both our girls and boys are now sleeping alone on bed unlike the case was in the past. The kitchen is fully operational now too and we are very grateful.

Thank you very much for this intervention and may God bless you and all those who have donated towards this project.



"Happy New Year" for students at Nanga School and hopes for a good growing season



Thanks to a kind and considerate donation received from a loyal HHI supporter, the residential students at Nanga Special School enjoyed a New Year's party.

A party is not something the school can fund because of rising costs.



Often school fees are not paid by the parents because of poverty. However, the school does conscientiously grow and care for their own crops which are sold to generate income and provide nutritious food for the students. The good news is that the rains have fallen, and Zambia is looking green again! There

are still issues with electricity supplies and unclogging bore holes because of the 2024 drought, but we pray that funds can be found to solve these problems and that the threat of Cholera and Monkey Pox will be averted in the months ahead.

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 (£)
Grand Total			£	

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 ☐

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	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