

Health Help International T i d i n g s



August 2025



India Update



The current building

Happy Valley - our special needs centre in Kerala

In the last *Tidings* we told you that the end of the lease on Happy Valley's building was imminent, and that Philip was searching for a replacement as the landlord refused to extend the lease. Unfortunately there are not many suitable buildings in the area, and the owners of anything available refused to rent them out for a school because they feared that the children would damage them. The end of the lease came, everything was packed up, and disaster loomed. Closure of this wonderful work seemed inevitable.

Then, at the last minute, the landlord relented. Happy Valley could stay on for a further year, but at a much increased rent. Disaster was averted and the centre has reopened after the long holiday (April and May in India). The lifechanging work of feeding, educating and training 68 children with a variety of special needs can continue – and is continuing. Everyone is very relieved.

However it is becoming increasingly clear that continuing to operate out of rented buildings is not a long-term option. A purpose-designed and purpose-built home for Happy Valley is the only long-term option. As a first step towards this goal we have agreed to help Philip buy a suitable plot of land which would cost about £50,000. Philip is confident that he and his team in India could raise about £20,000 if we could raise the rest.



Teaching at Happy Valley



Building plot for sale

Once we have the land it should be easier to raise the money needed for the building. Our long-term supporters may remember that this is what we did for Thanal House – we bought the land (land was a lot cheaper in those days!) and then Sam raised the money for the building. Most of the costs of developing the building since then have also been raised locally. Philip is confident that he can achieve something similar for Happy Valley.



Physiotherapy at Happy Valley



Vocational training at Happy Valley

With this in mind, we have launched an appeal for £30,000. Several donors have promised us about half of this already – so we know that we can do it with your help. Will you help us raise this money so that Happy Valley can have a secure future and go on transforming the lives of so many children and young adults? I know that you will And please pray for this exciting project.



An award for Shibu

Regular readers of *Tidings* will be familiar with Shibu's work. For many years he has worked tirelessly as a volunteer in Trivandrum Medical College Hospital, acting as a bystander for patients who have no-one to look after them and who would not be admitted otherwise – feeding them, washing them, getting their medicines, tending their wounds and so on. Nothing phases him, however disgusting (and, since some of his patients are incontinent, it does get very disgusting at times). For the neediest patients this can involve 24/7 care, in which case Shibu sleeps under their bed. He has an excellent reputation with the nursing staff, who will often alert him to other needs in the hospital

which we do our best to meet. For all this he receives no pay, just his board and lodging and, more recently, a small allowance. He is truly inspirational!

Shibu's wonderful work in the hospital has finally been recognised officially with an award.





And the award ceremony made it into the local news!



നിർധനരോഗികളെ പരിചരിക്കുന്ന ജീവനക്കാർക്ക് ആദരം

Please pray for Shibu, that he will have the physical and emotional strength and enthusiasm to continue this wonderful work.

On the shores of the Neyyar Dam



The HHI team on the shores of the dam



Money for Selvi

Whilst a lot of our work in India is done on our behalf by Philip at The Banyan Tree, another, increasingly important, person who works for us is Pastor Wilson, who has his own NGO (charity) BGM. The credit unions, tailoring training and provision of sewing machines that we have written about in previous issues of *Tidings* are part of his work. In many ways he is like Tom – large numbers of people come to him in distress of all kinds, and he does what he can to comfort them and meet their needs. Your gifts through HHI provide much of the financial support that he gives.

We have been able to continue paying about half the cost of operations for needy people at the rate of one a month, but there have been more people needing operations than this, and a backlog built up. So we were delighted to receive a bequest recently, which has enabled us to clear the backlog

– two hysterectomies, injections to improve eyesight (yes, they do work!), medical treatment for severe scalding, and a second operation for a cancerous growth in the brain for Solomon (see August 2024 *Tidings* for the first). And a wonderfully generous supporter has paid for the rest of Rejula's and Selvi's medical expenses (see *Tidings*, December 2024).



Money for Rejula, given to his mother



Saraswathi with her cow. It produces 15 litres of milk a day, which is good by Indian standards.



Flood damaged house

A few months ago Wilson told us about Saraswathi, a widow with two children at school. The death of her husband had left her destitute, as they had had to sell their cow in order to pay for his medical bills. We were able to use the money you gave us through the Alternative Gift Catalogue to buy her a replacement cow, ensuring that the family has an income and that the children can continue studying – the sale of milk from one cow will support the family nicely. Pastor Wilson tells us that she cried with pleasure!

We all know about climate change. In India, it means that the monsoon, on which agriculture depends, has become very unpredictable. Some years it is too weak, but this year it was too violent and a number of homes were seriously damaged. We were able to send out some money to meet immediate needs, but we would like to do more.

Recently, problems have arisen with sending money to Wilson. We have found a solution – please pray that this will continue to work well. And please pray for a good recovery for all the people that we are able to help.

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 (£)
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 ☐



Zambia Update

Labour Day Awards



Alistair receiving her award

May 1st is Labour Day in Zambia and a public holiday. It is also a day when organisations recommend one or two of their employees for an award to recognise their commitment and hard work during the year.

Health Help Zambia has 8 employees and this year the awards were given to Alistair Mweete and John Mwansa.

Long time supporters of HHI will know that Alistair has been part of the HHZ team since its inception. She fondly recalls Ron Prosser's visits to Monze. Alistair has limited mobility as she was born with only one leg. She uses an artificial limb, which has given her a practical understanding of the problems which arise with disability. She is an excellent seamstress and teacher, and is committed to delivering the Menstrual Hygiene outreach programme. Alistair is often seen counselling disabled people who are waiting to see Brenda, the HHZ administrator. Her Labour Day award is well deserved, and we really do appreciate having such a talented lady delivering the work on behalf of our UK supporters.



John receiving his award

John Mwansa started his work in the HHZ compound as a security guard. He has always been very helpful and courteous to the disabled and vulnerable people who come seeking assistance. He looks after the vegetables which are growing in the compound, ensures the premises are clean and tidy and does whatever needs doing. In 2024 HHZ needed a driver, and it was proposed that John could fill this role. HHIUK funded his driving course, he passed his test, and he is now a reliable, careful driver. Roads in Zambia are not good. They can be flooded or extremely dry with enormous potholes. John drives the HHZ vehicle regularly and safely, taking the Menstrual Hygiene team on their outreach programme; delivering sacks of mealie-meal to vulnerable people as part of the feeding programme; and taking the sewing tables to the newly qualified seamstresses. No task is too big for John. He is dependable and hard working. We give thanks for his loyalty and commitment to HHZ. Our heartfelt congratulations go to both Alistair and John for their well-deserved awards. HHI couldn't manage without you.



Alistair counselling a client



John unloading bags of mealie meal for feeding programme

Successful seamstresses.



As you can see from the pictures the four disabled trainee seamstresses have graduated and received their new sewing machines. Alistair and Primeldah, the two HHZ seamstresses, did a fantastic job in training the four ladies to become proficient. They were beautifully cared for and befriended by the HHZ staff during their three months' stay in the HHZ compound. The four ladies - Mona, Abigail, Mainza and Florida - have now been safely returned to their villages to start using their new skills to income generate and support themselves.

They were also given some start-up capital by HHZ to buy fabric and cotton. Funding was also given by HHIUK to enable Robbie, the HHZ carpenter, to make four sturdy tables and stools which have also been delivered to the ladies' homes. The sewing machines are safely secured on the tables, and the ladies can sit comfortably to sew. Alistair and Primeldah will continue to support the ladies to ensure their machines are maintained and in good working order. The HHZ reports received to date state that Alistair is very pleased with how the seamstresses are progressing in their new ventures. We offer a prayer of thanks for the four lives which have been turned around because of your funding.

Scotland: Strathaven Cafe Bridge

Strathaven Friends of HHI's third Cafe Bridge Day in aid of Health Help International was again a great success, drawing bridge players from around Scotland and including a party of fourteen from London. Not just raising funds for Health Help International it spreads word about the Charity far and wide and hopefully gains a few more supporters.



The first Cafe Bridge Day was held about ten years ago but they are gaining in popularity among the bridge fraternity and this year the enthusiasts have a choice of forty towns and villages throughout the UK in which to take part in one.

The players move around between selected cafes and restaurants and

play a few hands in each enjoying their local produce and having lunch in one of them half way round.

This year Strathaven offered seven venues, all with easy walking distance between them, and with fine weather on the day the visitors to the town had the opportunity of calling in at some of the bakers and other interesting gift shops which Strathaven has to offer.

SFHHI receives many complimentary comments from the bridge players about the way in which its event is organised and also about Strathaven itself.

The raffle was again very successful adding £374 to the amount raised from the bridge.



Following the bridge, a musical evening was presented for the bridge players who wished to attend and for the local supporters of SFHHI. Strathaven is fortunate in having lots of talented musicians and singers in the community and this year's programme included five solo performers and musical groups who provided a wide ranging musical treat to an appreciative audience. The Avendale Church, whose members support HHI in many ways, generously allowed SFHHI the use of the church both as a base for the Cafe Bridge and for the concert.

The monies raised from the two events came to an excellent total of £2,200.



PLEASED TO REPORT . . .

In Zambia

Since April this year

- 23 disabled students have been funded into full time special-needs education;
- 1257 reusable sanitary packs have been given out to teenage girls in schools; and
- 15 wheelchairs have been repaired, and 10 new wheelchairs have been issued, along with Zimmers, crutches and walking frames.

In India

- In the last year HHI has trained 40 Indian women in tailoring and has helped 12 Indian women to buy sewing machines, lifting themselves and their families out of poverty;
- HHI supports 80 people with the cost of regular medication as well as many more with one-off payments for medical treatment; and
- Over 100 children with special needs receive physiotherapy, training and education at our two special-needs schools.

Our next Supporters' Event

will be held on **Saturday 15th November 2025**, at

Nant Coch Church, 68 Fields Park Road, Newport NP20 5BH.

Please drop in between **2.00 p.m. and 3.00 p.m.** for a chat and refreshments.

The formal report back from India and Zambia will take place between
3.00 p.m. and 4.30 p.m.

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

