

Health Help International T i d i n g s



November 2025

Zambia Update

October Visit to Zambia



The October 2025 visit to Zambia was a great success. Two UK committee members, Jute Williams and Liz Jones, together with Liz's husband Chris arrived in Monze on 8th October after two long flights and a 5-hour car journey. The HHZ staff and trustees greeted them very warmly - which matched the daily temperature of 32 degrees!! There was a busy itinerary planned for the visit - which was wonderful, as each day they saw the improvements being made to support the vulnerable and disabled as a result of your generosity.

Morning payers and hymn singing, both in Tonga and English, started each day. The eight HHZ staff were very pleased to receive their gifts which included clothing, soap, and hard-back copies of *Mission Praise* hymn books, all of which had been brought in the suitcases by the UK visitors.



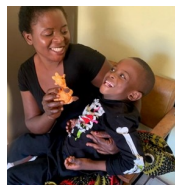
HHZ staff happy with their gift of hymn books

Some extra gifts of money were also taken to Zambia to be used during the two-week visit. This certainly had a direct impact on those who came asking for help every day to assist with the mobility for their disabled children.

Alumbwe, 14 years old with cerebral palsy, doesn't need to be continually carried any more by her mum, nor does Nswana who is similarly disabled - they both have wheelchairs. Kingsley, who has spina bifida had been prescribed a supportive chair and standing frame, and that too was skilfully made by the HHZ handyman, Robbie, with the funds directly provided during the visit.



Alumbwe (14) before and after gift of wheelchair.



Nswana (7) receiving his first wheelchair. Mum and son very happy.



Chair and standing frame made by Robbie to support Kingsley.

Visit to Kazolo and his family

After a long drive through the barren, dusty terrain the UK visitors arrived at the humble abode of Kazolo. Kazolo's situation has greatly improved since he was found in 2022 lying in the dirt, without a wheelchair, clothes, or home. Thanks to HHI support, those days have gone, and Kazolo has his own single-room house, with a bed and blankets. His brother and his family look after Kazolo, and HHZ visit every month with food support of mealie meal, vegetable oil, and soya flakes. Kazolo, who has had cerebral palsy since birth, is now about 40 years old. He did recognise the UK visitors and he waved his arms and smiled. The latest improvement to Kazolo's living conditions is the provision of a pit-latrine toilet, with a concrete ramp and pathway leading from his home. This was so necessary and has improved the standard of hygiene for the whole family. Some 'new' second hand clothes and shoes were given to Kazolo and the family as well as a waterproof mattress cover.

We give thanks that the much-needed funds for the new toilet facility came into the HHI account just as the need arose.

Kazolo now has access to a pit latrine toilet, he received new clothes, mattress cover and food support. All the family appreciate the HHI support and care for Kazolo.



Visit to the sewing ladies

As part of the Zambian itinerary, visits were made to each of the four newly-qualified seamstresses. Abigail, Florida, Mona and Mainza are young, disabled mothers who have started to generate income using their sewing skills. They were taught by Alistair and Primledah in the HHZ sewing department, and they were also given new sewing machines and start-up capital. Florida has managed to buy a goat and Abigail has purchased chickens. Mainza has started to acquire bricks so that in time she can build a home for herself and her daughter and not be dependent on her parents, and Mona, according to her mother, is providing well for herself and her son. With the help of Mr Gondwe (HHZ chairperson) translating and their parents signing, the seamstresses were encouraged to visit their local schools and share their details with the headteacher and staff so that they could receive orders for making new school uniforms for the January 2026 term.



Florida, Mona and Abigail successfully generating income with their sewing skills

Grace is another successful seamstress who was trained by HHZ and is being supported by HHI. The visit to her was just perfect. She was so pleased to see the UK visitors that she gave them a chicken to say ‘thank you’ and she made a beautiful dress for Liz. Grace is paid a small amount each month to make the re-usable sanitary packs for HHZ outreach programme, and she is also making school uniforms. As a double amputee, unfortunately Grace’s wheelchair often needs repairing and her mother suggested that ideally it would be good if Grace had a mobility tricycle scooter which would be stronger than a wheelchair. Grace attends school in the afternoon as she is hoping to complete her education too. Thanks to the wonderful cash donations taken to Zambia by the UK visitors, Grace had a real surprise by the end of the week.



Grace receiving sewing materials from Liz and a new mobility cart, and Liz receiving her handmade dress

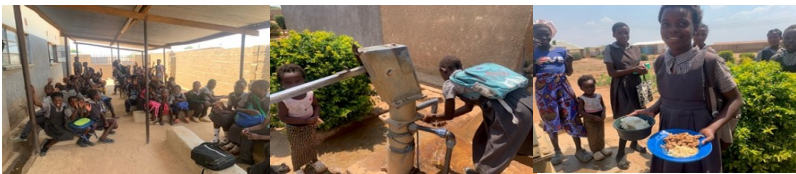
Visting the Special Schools

Visits were made to the three schools which have received substantial funds in the past from HHI to improve their facilities. All three schools continue to receive monthly food support from HHI to provide midday meals.

The disabled students at **Choongo All Inclusive School** are benefiting from the extra dormitory which HHI provided last year. Girls and boys now have a dormitory each, and the house mothers are well pleased with the new arrangements. Able-bodied students provide support and help to the disabled students, and this was very encouraging to see.



Muumba School 505 students attend Muumba school and many of them enjoy their midday meal prepared by the parents. The pupils were waiting patiently in shade under the iron sheet shelter which has made a meal times a lot less stressful. Muumba school has very little shade, but the shelter provided by HHI has made a difference. The hand pump also provided by HHI was working well and it was very refreshing to see the meal of Nshima, cabbage and soya being enjoyed by all with no food wasted.



Nanga Special School The number of students in Nanga Residential Special School has increased significantly in the last year. There are now 75 students (25 more than last year) which is putting a strain on resources. HHI continues to support the school with feeding funds but on hearing this latest news from Mr Bweupe, the head teacher, maybe it is time to increase our contribution? The students performed a lovely welcome song for the UK visitors and one of the older blind students gave an eloquent speech using his braille notes. The school garden is still being maintained but the low levels of water throughout the Southern Province of Zambia are definitely having a detrimental effect on the potential harvest.



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 £**

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

Water and vehicle



During the daily travels in the visit it was clear that the lack of water is a real issue. In every direction the land was parched and bare. Those communities who had access to a hand pump really did have a better standard of living. Crops were being sustained, and the animals were in better condition. Without water life was grim and many people are struggling. Amongst our priorities HHI needs to focus on providing some additional wells for those who are disabled and living in rural areas. And finally, after many years of service, the HHZ vehicle is becoming far less reliable. Pushing the Hilux in extreme heat in the bush is no joke. Can we possibly provide a more reliable vehicle to continue to do God's work in Zambia?



India Update

Asha Kiran Ashram – special needs school in Tamil Nadu



We are very grateful for our new partnership with Grace Ministries in India, which is continuing to work really well – they are continuing to inject new resources into this beacon of light and hope for the disabled children of the area. And we are very grateful for the wonderful generosity of Blackwood Engineering Charitable Trust, who, together with some of our supporters in Strathaven, provide all the funding we need for our contribution to the day-to-day running costs of both Asha Kiran and Happy Valley in Kerala.

We recently heard that Beulah, who used to be at Asha Kiran, was having problems with her prosthetic legs – she had outgrown them and was no longer able to use them. We were able to send out money for them to be modified and extended, and she is now (literally) back on her feet. Her story is on our website.



Beulah standing tall

Kidney patients



Shaji Castro, a kidney transplant patient and HHI beneficiary

Kidney failure is at best debilitating and at worst fatal. Some sufferers are able to have a transplant; whilst this often resolves the problem, they have to take immunosuppressant drugs to prevent their bodies from rejecting the transplant, which are very expensive by Indian standards, and patients, whose ability to work is often compromised, often struggle to afford them. Those who cannot have a transplant have to rely on dialysis, for which they have to pay. We help about 30 such people with a grant of Rs. 2,000 (about £17) a month each towards the cost, which is a great help to them and can literally make the difference between life and death. Please pray for them.

Heart problems

Indians are genetically prone to heart problems, and, as their diet become more westernised, this is getting worse. We do what we can to help: we send out £100 a month to help with the cost of medicines for those who cannot afford it. Earlier this year we heard about Nisha, a pastor's wife, who was in an ICU with heart problems – in desperate need but unable to afford



Handing over the money for Nisha's operation

an operation. We sent £400 towards the £600 cost, enabling the operation to take place. But not all stories have such a happy ending. More recently we heard about Prapha, a poor widow who paints leaves for our cards, who also needed a heart operation. We were unable to help her in time, and she died.

Thanal House – Kerala

Our home for destitute women, rescued from the streets of the Thiruvananthapuram district of India, continues to thrive. Having finished the women's daytime washing / toilet area (see our Spring issue), we were able to send out some more money for work on the outside toilets to be completed – and it really does look great! We continue to send out about £400 each month, which enables the home to feed, clothe and support the 20 women who live there long term, as well as providing medicines and medical care for those who need it – a bargain at just £20 a month each!



Tiling in progress

PLEASED TO REPORT . . .

In Zambia

Since August this year

- 4 disabled Zambian mothers have been successfully trained in tailoring. They have been given a new sewing machine and start-up capital. They are now generating income, supporting themselves and their children.
- 10 sick or disabled children have received funds to travel to Lusaka to attend specific hospital appointments accompanied by a family member.
- 90 food relief packs have been distributed to vulnerable/disabled beneficiaries. Each pack consists of 25 kg mealie meal, laundry soap, cooking oil, sugar and soya chunks.

In India

- In Orissa, HHI runs monthly medical camps for many Christian communities displaced by violence. In the last year over 1,000 people have been treated.
- We support well over 200 credit unions/self-help groups, enabling about 4,000 families to lift themselves out of poverty.
- Shibu, our full-time hospital worker, enables up to a dozen or more people to receive hospital care who would otherwise be denied it.

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

