

Health Help International

T i d i n g s



India Update

Edmund writes: I visited India again earlier this year and saw everything that our partners there are doing. Tom Sutherland was there on a three month tourist visa. At 88 he is slower and a bit less steady on his feet, but otherwise much the same.

It was a very busy eleven days. I have reported some of what we did on our website <https://hhi.org.uk/news/travelog/> and our Facebook page, but there is a lot more going on.



I spent a day and a half at **Happy Valley**. After an enthusiastic, noisy welcome I was able to see everything that is happening. In one room Angel, the physiotherapist, was working with Amos, who has cerebral palsy, to build up weak muscles – something that has already enabled him to start walking. In another room, the pre-primary class included Samuel, a young lad with eye problems. As he is disabled, his family don't feed him – food is reserved for healthy children who can be expected to look after their parents in their old age, something that shows how necessary is the school's feeding programme.

Older children were having vocational training. The skills that they acquire will enable them to contribute to their families when they leave Happy Valley. Courses include weaving, embroidery, and making ladles out of coconut shells, waste paper baskets out of milk bags, besoms out of palm leaves, circular mats out of cast off clothing, and jewellery.



Then it was time to see a building plot. It is to the north of Nedumangad (good – many children come from that direction) and is in a rural settling (good – no neighbours to upset) with good access. It isn't flat (nothing in Kerala is) but it isn't too bad – certainly no worse than the Thanal House site. It is larger than we need, so the idea is to sell of the surplus as building plots at a profit, reducing the nett cost of our area. It would be a good deal if it works.

Asha Kiran Ashram (AKA)

There is currently a greater focus on local students. There seem to be plenty of disabled children nearby. Their other current focus is on bringing AKA up to Government standards which mean an extra classroom, a library, staff room, dining area and a table and chair for each teacher. They would also like to provide a small house for a caretaker to give a 24/7 presence. They are buying extra land to accommodate all this. Once this has been done they will consider increasing student numbers.



Saran

The new physiotherapist was working with several children, including Saran, a young boy who had arrived just a few days earlier. He is already making great progress – whilst I was there he stood up unsupported (apart from ankle braces) for the first time in his life. At the other end of the spectrum, Loganathan has been there for many years and was working on the parallel bars to try to learn to walk, and Vetrivel was

noticeably more mobile than on previous visits, being now able to walk with a Zimmer frame. Sanjay was trying to sit up unaided, and Dilip was crawling. All of them have cerebral palsy (CP).

We visited some children in their homes. Seren, a 7-year-old boy, had a big smile for his teacher. His mother realised that he was not normal at about 9 months when he had a fever, when the GP diagnosed him with CP. His family was visited later by AKA teachers who told them about AKA. As his CP is milder, the hope is that 6-12 months of physio will enable him to go to normal school. He is happy at AKA – after just a few days there he is doing more around the house.



Seren (left) with his family

The head of Grace Ministries, Porselvan, visits once or twice a month, providing excellent oversight. Our partnership with them is going really well.

Shibu / hospital work

At Trivandrum Medical College Hospital there is now a senior nurse and assistants assigned to looking after “unknown” patients, of which they have up to 70. But Shibu still has his own ward, and the nurses don’t regard changing dirty diapers as part of their duties, so Shibu is still needed. I bought 250 diapers, 100 loin cloths and a Zimmer frame for them. A couple of days later Shibu and his team took 18 patients to Ghandi Ashram in the presence of a Government minister – they were promptly replaced by 13 more.



Tom in his element, with one of Shibu’s patients

At **Thanal House** they are now sorting and recycling junk, giving the women something to do and raising much needed money. Otherwise it is business as usual. They have 22 women, the same number as two years back – two have arrived and two have left. One is diabetic and one is blind, but otherwise they seem to be fairly healthy, although others are slightly diabetic, or have high blood pressure.



Bergal

Monthly visits to a hospital ensure that they are checked and meds (e.g. sedatives) are provided. A nurse comes twice a week and checks blood pressure and diabetes, gives exercises and prepares reports on patients. These include Bergal: Salini contacted her family who want her back, but they are fearful of Kerala people so won’t come and Bergal is frightened of going on the train on her own, so Thanal House is stuck with her. She has to be persuaded to wash!

Venu is from Madras. She insists on wearing different clothes from the rest and rips up anything she doesn’t like. A victim of her hormones, she is violent for two weeks then OK for another two.

And it was a time to share hopes and dreams – a bigger kitchen, a boundary wall to replace a wall that has fallen down and interlock bricks on the access road. We will see what we can do.

Individuals

We help many individuals, either long term with regular payments or with one-off help. One whom we have helped for many years is Sindhu who needs medicines for psoriasis. Recently her husband broke his leg badly and is out of work, meaning that there is no income for the family, so we would like to increase the help that we give her.





Another is Manoj, whose small size belies his 40-odd years. He has severe mental health limitations, and he goes to a day centre a couple of kilometres away, where he is happy doing colouring, gardening and watching TV. A young son has appeared since my last visit who has epileptic seizures and pancreas problems. We support the family, but they need more.

← *Manoj* *Epileptic boy* →



Binu

Some people we have helped before. We helped with the cost of Binu's operation for a badly broken leg, and he now needs physiotherapy. I gave Rs. 20,000 (£160) which should pay for the first month's treatment. His home was given by local people where he lives with his sister (whose husband has abandoned the family) and two nieces. He will probably need more physio when this money runs out.

We helped Solomon with an operation for a brain tumour last August, but a further one is needed at a cost of Rs. 40-50,000 (£400). I gave Rs. 20,000 (£170), enough for the operation to go ahead.

Indukela is a cancer patient whom I met two years ago. The cancer has returned to her neck, shoulder, liver and elsewhere. She has had some chemo but needs more. She needed expensive tests and a scan – I contributed £70 towards the £170 cost of these.



Alternative Gift Catalogue

Gifts that change lives
throughout the year

Health Help International

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	A visit to a physiotherapist	5.00
M02	A month's help with the cost of medicines	10.00
M03	Zimmer frame	10.00
M04	A week's supply of nutritious food for malnourished children in Monze Mission Hospital	15.00
M05	12 packs of diapers for an incontinent patient	20.00
M06	Wheelchair repair	20.00
M07	A week's dialysis (3 visits)	25.00
M08	Nursing support at Thanal House for a month	40.00
M09	Cost of attending specialist hospital appointment	60.00
M10	Medical Camp in Orissa	80.00
M11	Wheelchair	100.00
M12	Nursing assistant - costs for a month	120.00

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	Food for a family with a disabled member for one month	10.00
C02	One week's pay for an animator (facilitator) of credit unions / self-help groups	13.00
C03	Support one person for a month at Thanal House	20.00
C04	A sewing machine	40.00
C05	One month's salary of sewing teacher	70.00
C06	Pit Latrine	120.00
C07	Well	250.00

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	Gift for a child	5.00
E02	Educational materials for special needs children	5.00
E03	Menstrual hygiene packs for schoolgirls	10.00
E04	Midday meal at Muumba Primary School for every child	20.00
E05	Food at a special needs school for everyone for one week	40.00
E06	One term's residential fees for a disabled child in Zambia	70.00
E07	One year's residential fees for a disabled child in Zambia	210.00

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	10.00
A02	Coop and chickens	30.00
A03	Goat	80.00
A04	Calf	200.00
A 05	Cow	400.00
A06	Irrigation system	700.00

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

Hope for the Dimuna family

In March 2024 Health Help Zambia brought to our attention the plight of the Dimuna family. Phillip & Conceptor Dimuna have 9 children, four of which are totally blind. Mr and Mrs Dimuna are not visually impaired, but a recessive gene has resulted in the Dimuna boys being born with this disability.

Mr Dimuna is a small-scale farmer, dependant on selling maize. Unfortunately, Mrs Dimuna has been unable to commit to any paid work as her children need her care.

Thanks to the support received from HHZ with our funding, the family have been included on the monthly feeding programme. Maize, soya chunks, sugar, salt and cooking oil are directly delivered by HHZ to the Dimuna household. Their home is a very basic building with 3 small rooms which does not provide anywhere enough space for the 11 family members.

Mr and Mrs Dimuna have started making bricks with the hope of building an extension. During our October 2025 visit to the family, we were able to donate some additional clothing, and it was wonderful to learn from Mrs Dimuna that a local benefactor has funded the 3 older blind boys into special school! Unfortunately, that still leaves the youngest, Fabian, sitting at home under a tree doing nothing all day. Sadly, Fabian aged 9, is also deaf. It is hoped that we will be able to find a place for him this year.

Meanwhile there is some good news for the family in that HHIUK has managed to raise the funds to pay for an extension. Just over £5,000 has been sent out in February 2026 and we give thanks to all our supporters for enabling this building project to start. We will keep you posted on the progress on our website.



Four visually impaired Dimuna Boys



Bricks prepared by the parents



The house as it is now



Fabian who has not yet been allocated a school place

An extra pair of skilled hands



Wheelchairs do not have a very long life in Zambia due to the rough, rural terrain and the uneven dusty, dirt roads in the towns. Robbie, the skilled HHZ carpenter spends much of his time repairing wheelchairs and adapting them to fit individual clients. HHZ routinely collects the broken wheelchairs from the schools which cater for disabled students such as Nanga and Choongo and Robbie uses his skills to fix them.

HHIUK funds the necessary materials and then the repaired wheelchairs are returned to the schools free of charge. No job is ever too big for Robbie who himself is disabled and he has been a member of the HHZ since 1999. To ensure that this excellent service continues when Robbie retires, an apprentice has been engaged to work alongside Robbie three days each week.

His name is Richman Muzuba and he is 32 years old. Richman was born with dwarfism into a family with 10 siblings. His parents are small-scale farmers, he is unmarried and living with an older brother. He already has some carpentry skills but each day he is learning new skills to deal with leather materials, metal frames, rubber tyres, tubing and brakes. Their service is invaluable and we give thanks to God for their commitment and dedication. Long may it continue.



Robbie and Richman fixing yet another damaged wheelchair

Kath invited to speak to MIA in Strathaven

In January, I was invited to speak at the Mutual Improvement Society (MIA) in Strathaven about my trip to Zambia with Jute in October 2024. The evening was well attended by about 50 people and the talk seemed to go down well. I enjoyed talking about my experiences and it was a great opportunity to speak about the amazing work that goes on at HHZ headquarters. At the end of the evening I was given a cheque for £100 which I immediately paid to HHI with the request that it be used for a wheelchair for someone in Zambia.

In the February report from Zambia, pictures came through of Gift Makala receiving the wheelchair. This shows HHI at its best; money in, money out, needs addressed.

I have passed on my thanks to MIA and sent them this photo of Gift. I hope they are impressed with the speed with which their fee was translated into a life changing event for this young boy and his family.

Kath Russell



Gift without and then with his gift

It is with great sadness that we have to report the sudden death of Tim Hatherall, a member of our management committee. For seven years he made a huge contribution, funding the films, the dining room and kitchen at Nanga and many other projects as well as making our gift aid claims, processing stoma items, working on the website and Mailchimp and working in the office on everything that needed to be done. We always had a good laugh when he was in.

He will be greatly missed by all who knew him, and especially by Margaret his wife. We thank God for his life and witness, and praise God that we know Tim is now safe with Jesus.



**You are invited to attend
HHI's 2026 Supporters'
Spring 'Get-Together'**



**on
Saturday 6th June: 2.00 p.m. to 6.00 p.m.**

At 2.00 p.m. come along to **Nant Coch Church, 68 Fields Park Rd, Newport NP20 5BH** for an informal time of fellowship, a cuppa and a chat.

At 4.00 p.m. gather together for a more formal presentation of the current situation of the HHI projects helping those in need in India and Zambia.

**We give thanks to God for all that has been achieved
in India and Zambia in His name**

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

