



Not so much a cry of distress, but an appeal for help from one or more of you, our loyal supporters. Your committee needs an injection of new and if possible, but not necessarily, younger blood by way of additional members.

We are very sorry to be losing shortly the services of Stafford Sherlock, a member of the committee for nearly fifteen years. He feels that the time has come for him to make way for someone who can bring fresh ideas to the work of publicising the charity. During this time, he has edited *Tidings* and written a range of information booklets, including successful Lent appeals. With the help of other committee members, he secured grants which brought much needed funds to the charity. We thank him on your behalf for all that he has done.

Another stalwart of the committee for many years, Jute Williams, is moving away from Newport and, although she is not leaving us, she will no longer be able to undertake the many duties and multitude of administrative tasks which she undertook every week for Health Help International.

We also need someone to expand our presence online, so as to broaden our appeal - updating our website and/or making better use of social media.

A member of the Management committee myself for about ten years I am fortunate in living many miles away from the centre of HHI's operations and, therefore, have avoided all the day to day and week by week hard work put in by all the members of the committee. I have greatly admired their dedication and hard work on behalf of the Charity.

One of my reasons for becoming involved with HHI, and a key selling point in spreading the word about the Charity in Scotland, is that none of its Trustees or committee members receive any remuneration and the overheads are minimal thanks to the generous contributions of their time and energies.

Please consider joining the HHI committee or offering your help. You will be made most welcome. Much can be done online these days and our meetings are usually conducted on *Zoom*. Please do contact our office (details are on the back page) if you feel you can help us with office administration, website, social media, grant applications or devising and preparing publications to keep our supporters informed of the work we are doing with the poor and vulnerable.

A Tribute to Carole Nzila, Health Help Zambia Administrator.



Sadly, Carole Nzila died in Monze Mission Hospital on the morning of 5th October. She had been hospitalised with diabetic complications and then contracted Covid.

Carole was a committed member of HHZ for 16 years. Initially, she was a tutor, training disabled and vulnerable people in information technology. She then moved on to a book-keeping role and, from 2008, she has been the administrative manager for HHZ. She was loved for her efficiency, her compassion, and her ability to communicate with all who came seeking help. We will also remember her for her laughter and the unflagging support she gave to the team in Monze despite suffering a leg amputation in 2018.

Carole leaves behind her husband, Boyd, and two girls: one who is studying at Rusangu University and one very much younger, still in primary school.

Carole communicated directly with us here in the UK and reported every month with detailed accounts on how the funding received had reached its destinations. She ensured the staff were paid, she minuted the trustee meetings, she dealt with all the banking and container paperwork, and she ensured that the schools received the funding to allow the disabled pupils to attend. She was respected by all who dealt with Health Help Zambia and was admired for her professionalism and for her Christian commitment.

She will be greatly missed by all of us here in HHI, by the community in Monze and by her loving family.

Please pray for God's comfort for all the family.

Unique Christmas Cards for Someone Special.

Christmas is approaching fast and shopping lists and Christmas card lists will soon be the order of the day. Our special cards from India are available from the HHI websites and, with over 30 designs to choose from, there is sure to be something to suit all tastes. In the Christmas card range you will find a great selection of religious cards as well as candles, holly, flowers and Christmas trees. The cards are all hand painted in India by lower caste women who support their families with the payments that they receive for their artistic work. Once painted, the leaves are mounted onto a range of brightly coloured card. Each card is unique and is sure to brighten up your greeting - and for the price of just £1.50!

To order online: **hhi.org.uk**: click on 'Cards and Books'

or **sfhhi.org.uk**: click on 'Shop'

Or, If you prefer to order cards over the phone Kath will be happy to hear from you: 07916 171830.



The Gift of Community Help



Mrs Mwiinga has eight children. The last three were born as triplets, Alpha, Omega and Mirriam. Initially it was thought that Alpha and Omega were born disabled but, fortunately, development in all three babies now appears to be normal.

However, Mrs Mwiinga was struggling to feed all three babies. Mr Mwiinga relies on intermittent work transporting items with his wheelbarrow for anyone who is willing to pay for it. The income from this is insufficient to feed the family at this crucial time. HHI has been able to give monthly funding to enable the family to buy milk powder for the babies who are now doing well. Mrs Mwiinga visited the Monze office to thank HHZ for their support as it has made a huge difference to all the family.

After some further discussions, the staff at HHZ decided that a gift from the 'Community' Alternative Catalogue would allow Mrs Mwiinga to set up a small business from a stall outside her home. It allowed her to purchase larger quantities of soya, salt, mealie meal, charcoal, cooking oil and plastic bags which, when repackaged and sold on, generated a small profit to help support the family. This type of 'shop' is often seen in the Monze compounds where most families live. A simple start up gift from the community alternative catalogue has made a real difference to this family of 10. We pray that Mrs Mwiinga continues to succeed as a Mum and provider for her children. Thanks to all those supporters who have provided the gift of community help.

The Gift of Education

Imagine you have a large family and very little income to pay the fees which are required to enable your children to attend their local school. If one of your children has a disability and needs to attend a special school as a boarder many miles away, then the expense makes it impossible. This is the situation in which many Zambian families find themselves and is why many disabled children are left behind.

HHI uses your gift of education to enable 22 disabled children to attend special schools and to receive education, friendships, and independence. Once we start funding a student, we ensure that we continue to support them until they reach their potential. In some cases, they have attended college with HHI funding. Three blind students, for example, have themselves become teachers. One, who is albino, is now a clinical officer and one deaf student, Lifumbele, pictured below, has recently been deployed by the Zambian Government to take up a post in a special school in Kasama, Northern Province. Congratulations to everyone. Thanks to all those supporters who have provided the gift of education. Thanks, too, for all your prayers that underpin our efforts to help these children.



No	Students Name	Age	Disability	Name of School	Amount
1		M/14	Physically disabled	Choongo school	K1,400.00
2		M/15	Physical	Maamba Special	K1,600.00
3		F	Deaf	Choongo School	K1,400.00
4		M/18	Physical	Holy Cross	K1,000.00
6		M/15	Deaf	Maamba School	K1,600.00
7		M/14	Deaf	Maamba School	K1,600.00
8		M/11	Deaf	Maamba Special	K1,600.00
9		M/19	Deaf	Nanga Special	K1,500.00
10		F/15	Deaf	Nanga School	K1,500.00
11		M/18	Deaf	Maamba Special	K1,600.00
12		F/11	Blind	St Mulumba	K1,600.00
13		M/18	Dwarfism	Choongo School	1,400.00
14		F/20	Physical	Choongo School	1,400.00
16		F/15	Deaf	St Mulumba	K1,600.00
17		F/17	Phy disabled	Choongo School	K1,400.00
18		M/10	Deaf	St Mulumba	K1,600.00
19		F/16	Deaf	St Mulumba	K1,600.00
20		M/16	Multiple	Maamba School	K1,600.00
21		M/16	PArally Deaf	Pemba Secondary	K1, 600.00
22		M/14	Physical	Choongo School	K1,400.00
Total					K30,000.00

K30,000.00 = £1,200.00 (per school term)
or approx. £18.20 per student per month

Supporting Agriculture and Self Sufficiency



Often it is the gift of a goat or cow which is popular with our supporters when choosing from the agriculture gift section of our catalogue, but seeds and fertilizer are also extremely important. The disabled children who attend Nanga school have been involved in a new Active Learning Project which teaches the children how to grow and harvest their own crops. HHI has provided funds for an additional water tank to aid irrigation, and after lessons and during the weekends, the

students are busy tending to their vegetables, gaining essential life skills. We thank the staff at Nanga School for enabling this extra curriculum learning to take place. We thank you for supporting the agriculture work, and in these times of climate change, we pray that the harvests will be good.



Flood Devastation at Neyyar Dam

Climate change means that weather patterns are becoming more extreme and more unpredictable. In the last *Tidings* we left you with a picture of a house damaged by floods earlier this year. That house, and ten others, have now been repaired or, in a few cases, totally replaced.

Just recently we have received news of further flooding. Pastor Wilson writes:

Last night in Neyyardam, opened the dam due to huge rain with flood. It affected one area around 122 families who lives in the bank of the river side. They lost almost everything, even their personal belongings like their clothes, furniture, kitchen appliances, valuable documents and food.

So, it would be blessing if we can provide them a help of 6000 Rupees (£60) (for purchasing essential kitchen appliance) and a food kit for each family for 1000 rupees (£10) for a week. This would be very helpful. Please think about these most urgent items.



[A few seconds later this house slid into the river below.](#)

We will do what we can to help.

Please give thanks for the success of the housing repair project in the Neyyar Dam area, and pray that the great generosity of Christians will be an effective witness to other religions in the area.

Food distribution

Thanks to your amazing generosity, Samuel, Philip, Santhosh and Wilson are all feeding people whose livelihoods have been destroyed by the pandemic. A recent story shows how much difference a monthly food parcel costing just £5 - £10 can make:

'Rajamma is an aged woman in my Church. She is 84 years now. Living alone in a small house of one room. She has some physical weakness but strong faith in God. We (i.e. HHI) provide food bag once in every month. She is so happy and thankful to God.'



Today, I just phoned her and asked, "Ammachi (grandmother), how are you doing?" She said, "Pastor, I am happy. I am filled with the good things of your house." (A quotation from the Psalms).

She is blessed by the monthly food provision of HHI in our Church. She thanks God for the food, given by you, to her.

It brings me a lot and I Thank God for the food distribution of HHI in our Church. It is really a blessing for us.'

Please pray for those who have lost jobs as a result of Covid, or who are finding it difficult to find daily work, that they would be able to find suitable employment.

Christians in Orissa

About 13 years ago a number of Christian settlements in Khandamal district were attacked and the inhabitants were compelled to flee. They have never been allowed to return. Like many Christians across the globe they are being persecuted because of their faith.

HHI continues to support them with a monthly medical camp in the areas where they now live. Each camp costs about £100, mainly used for medicines, and typically 100 or more people are seen and treated. There is a need for these camps to continue, and indeed for more of them.



We are indebted to Bethany Church in Six Bells, who encouraged us to get involved with this project all those years ago, and have supported it ever since.

Please pray for the Christians in Kandhamal district in Odisha (Orissa), for their protection and well-being, and that the persecution would stop.

Asha Kiran Ashram

Both Asha Kiran and Happy Valley have continued to provide as much help as possible for their disabled children throughout the lockdown, primarily through remote learning and, when permitted, home visits.

The big news from Asha Kiran Ashram is that planning permission for the physiotherapy hall has finally been granted after much nagging by Pastor Santhosh. We're looking forward to starting construction as soon as possible, and we'll keep you updated through the website.

Santhosh Kumar writes: *Our Special Educators, Physiotherapist and Assistant Teachers are working through online classes. Every Monday to Friday, they are contacting our students and giving much needed guidance, study exercises and physical exercises. They also give counselling and instruction to the parents. Some parents are asking about the reopening of the school, as they are suffering because these children are at home and cannot go to work. Hopefully our school can reopen in November.*

I am attaching some photos of our students taken during the online class time.



Meena



Palanivel

Please pray for the building of the physiotherapy hall at Asha Kiran, that a suitable builder can be found and that the work will be done at a good rate and to a high standard. Please also pray for Santhosh as he raises his share of the cost. Give thanks that planning permission has been granted.

Happy Valley



As we told you in the last *Tidings*, Happy Valley has a new home. This is the new building. It goes back a long way, so it is a lot bigger than it looks.

The geriatric Land Cruiser has been replaced by a nearly new school bus. Parents had been complaining about the old vehicle! Philip Mathew raised most of the cost of this himself in India, which is a great encouragement – it was the first time that he had engaged in significant fundraising. In the past he had insisted that it was impracticable to raise money in India. This augurs well for the future.

Meanwhile online classes have been continuing. Some of these have been for parents, covering subjects such as Covid 19 precautions, food and nutrition, health and hygiene, countering misinformation that is circulating, and Onam (harvest festival) celebrations. Children have all been given masks, hand wash, books, pen and pencils, crayons and food kits. Teachers have been given three days' training. They are ready to go!

Please pray that the children will be able to return safely to Asha Kiran and Happy Valley as soon as possible.

Thank you! A huge “thank you” to everyone who has supported us over the last year. We don’t know the exact figures for this year yet, but you have given us more this year than last year, and that was more than the year before. And that is despite the pandemic and lockdown – that really is amazing! And as the needs in India and Zambia have escalated with the pandemic and lockdowns there, we have been able to meet more of these needs. Thank you so much! May God bless you all for your wonderful generosity.

Online meeting As many of you will be aware, our attempt at an online *Zoom* supporters’ meeting didn’t work out. So, instead, we have put together a *YouTube* playlist that you can watch at any time. Just go to our website hhi.org.uk and the link is there. We’ll keep it at the top of the *News* section for the rest of the year.

To err is human We have dropped a clanger! Some of the last mailing of *Tidings* missed being franked, so a few people had to pay a surcharge to receive them. Our sincere apologies. We’ll be extra careful this time and in future. **Sorry!**

Would you like to book a speaker? As we return to normality and meetings restart, HHI can offer you a speaker for your church or social club meeting. Or one of our team can come and take an entire church service. Please contact the office below to make a booking.

Keep up to date with what is happening in India and Zambia by visiting our website <https://www.hhi.org.uk> or our Health Help International Facebook page.

Season’s greetings All of us at HHI – the Trustees and the Management Committee – want to wish you all a very happy Christmas and a blessed new year. In between the turkey and the Christmas cake, please don’t forget what it’s all about!



Health Help International

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