

EMMSInternational
Health for Today, Hope for Tomorrow



THE HEALING HAND/

Christmas 2022

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WELCOME

I'm writing this from Nepal where I have the privilege of seeing your generosity making a life-changing impact through the Sunita project.

A few months ago we wrote to share how a perfect storm of global crises is stretching global healthcare to breaking point. I'm delighted to be able to share some updates from our partners about how your support is providing a refuge in that storm.

The current financial crisis is placing households under immense pressure. We are incredibly grateful for your continued support and for the many new supporters who have joined the EMMS International community. Thank you!

As the year draws to a close we have lots to which we can look forward. Firstly, our inaugural International Festival of Nine Lessons and Carols is set to be a wonderful Christmas celebration and we do hope you can join us there.

Next year, with your support, we plan to see dozens of young women join our healthcare career pathway. Work continues

to fulfil the Duncan Hospital Centenary Vision to build a stronger, more sustainable healthcare facility. I'm delighted that we can share updates of these initiatives in this magazine. We're now less than £500,000 away from reaching the £4.5 million target and I hope this update inspires you to join us in the final push!

Within this edition of The Healing Hand you will also find Your Impact Report - a snapshot of what has been achieved in 2021-2022 thanks to your support.

As we look to 2023 and beyond, we don't leave the challenges of this year behind. But thanks to your continued generosity, EMMS International continues to meet those challenges at a time when we are never more needed.

I wish you joy and peace this Christmas.



Dr Cathy Ratcliff,
CEO & Director of
International Programmes

Christmas Appeal

FROM PERIL TO PROMISE

GIVE VULNERABLE GIRLS THE
PATHWAY TO A BRIGHTER
FUTURE THIS CHRISTMAS



We need your support to recruit, train, and find sustainable employment for a further 300 vulnerable women and girls to become healthcare professionals in Malawi, India and Nepal.

Early marriage and teenage pregnancy all too often derail girls' hopes for the future. In an attempt to break the cycle of poverty, girls or their family members often turn to dangerous migrant work. Work that can result in injury or even death; pushing families further into the poverty they are trying to escape.

Your gift this Christmas could help develop the Healthcare Career Pathway so that vulnerable girls in Nepal, India and Malawi have the chance to gain a profession and pursue their own dreams.

They can provide much-needed care in their communities while providing for themselves and their families. At the same time, they and their families are protected from the perils of poverty.

Making a way for girls in India

Dreams have already started to become a reality thanks to your support and the work of our partner, Duncan Hospital in Bihar, India.

Anya is 18 years old and is from Haraiya village, Raxaul. She has

three sisters and one younger brother. Since there are four girls in her family, her mother is ill-treated by her grandmother and her community. Her father is a daily wage labourer and her mother is a housewife. Her mother takes care of the family too.

During the pandemic, her father lost his business and struggled to make ends meet selling vegetables. Sometimes they are not even able to have three meals a day. Anya's parents don't have enough money to pay the education fees of the children. Anya helps support her family by giving tuition to the local children.

Anya's ambition is to be a nurse so that she can serve her community and support her family. Being on the Healthcare Career Pathway means Anya is on her way to making these dreams a reality.

Going the extra mile in Malawi and Nepal

As well as opening up fresh career opportunities, you could also help train much-needed

healthcare specialists.

In Nepal, Nurse Manju has started her Masters in Nursing to develop her clinical leadership skills to continue pioneering palliative care.

In Malawi, Nurse Constance started her BSc in Paediatric Nursing to improve the specialist care given to children.

By supporting our Christmas appeal you could put more young women like Anya, Manju and Constance onto the Healthcare Career Pathway. **Please make a gift today that will protect vulnerable girls from the perils of poverty and give a pathway to promise for them and their families.**

I'm a

Champion of Change

because I want to help build the global health workforce.

Lord Jim Wallace
of Tankerness,
former Moderator
of the General
Assembly of the
Church of Scotland

Join now from
£3.50 to
receive your
free lapel
badge



Give regularly at
www.emms.org

Give the gift of education for a brighter future this Christmas

£12 can pay for college materials for a nursing student

£48 can pay for uniforms for a trainee midwife doing a clinical placement

£248 can pay for advanced textbooks for a nurse studying for a Master's degree

£1,000 can pay for one year of the healthcare pathway for one vulnerable girl

Make your gift today at
www.emms.org/christmas



SUNITA UPDATE:

Your generosity and match funding from the UK government are bringing compassion in rural Nepal. Our CEO, Dr Cathy Ratcliff, gives you an update from Nepal.

I spent November in Nepal, meeting our partners and seeing for myself the first stages of the Sunita project - a three-year

initiative to develop palliative care services in hard-to-reach regions of Nepal. I've been honoured to see first-hand the impact this project is already having on the lives of people who might not otherwise access the care they deserve. As the project progresses, we aim to make significant and sustainable change to the lives of vulnerable girls, who are often the main carers of people needing palliative care, as well as those living in extreme poverty at the end of their lives.



Image: Some of the Sunita team and the new project vehicle made possible by your generosity.



Bijuli is in her early 80s and lives in Pokhara, Nepal. She is a palliative care patient of EMMS International's local partner, Green Pastures Hospital. She was referred to the hospital because she couldn't afford her care. After she had a stroke her medical bills were being paid for by a loan and the support of her family.

Despite doing his best to care for her, Bijuli's husband was worried about his wife's health and the family's mounting financial pressures. When the palliative care team visited them at home, their burdens were lifted.

The team found Bijuli bed-ridden and in a very fragile condition, barely able to speak. Over a number of months the team (doctor, physio, nurses and counsellors) visited to provide holistic support to Bijuli and her family.

They learned of the debt the

family had amassed in search of a cure which did not exist. Her granddaughter-in-law has been the main carer. Through the visits she and other family members have learned physiotherapy techniques, methods to avoid bedsores and how to administer medicines. Bijuli grew in strength and health.

Her young carer explained: "Previously I was looking after her because I felt indebted for the care that she gave to me and my infant child during my pregnancy. It was more of a responsibility, and I was suffering, but things have changed now. I know how to take care of her and it's less burdensome. Even if I go out sometimes, I miss her and feel concerned about her. She is old and is a motherly figure to me."

Through Sunita, more people will have access to vital palliative care services and their carers will have help to share the burden.

IMPACT HIGHLIGHTS



Your Impact in 2021/22

This is a snapshot of your impact as a supporter of EMMS International during 2021/22.

We're always trying to get the right balance between keeping you informed and maximising the power of your gift. To reduce costs and environmental impact we have combined this report with Healing Hand. To see the full report visit www.emms.org/publications



246,276

**poor and vulnerable
people helped**



153

**healthcare
staff trained**



18,959
people
received
emergency
healthcare

including COVID-19
response

**Broken ground
for new College
of Nursing in
Bihar, India**



Continued **124 year**
legacy of care in
new Hawthorn Brae
partnership



1,100 pupils
at 6 schools in
Malawi with
improved
knowledge of
sexual health and
girls' rights



12,197
palliative
care patients
cared for

and 60,985 family
members supported

7 TB committees
protecting their
communities



**Healthcare
Career Pathway**



46 people
training for
healthcare
careers

17 new or continuing
students in India

21 finishing diplomas
in Malawi

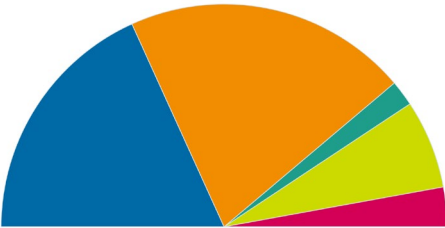
2 women have gone
onto further studies
- BSc in Paediatric Nursing
and Masters in Nursing.

6 medical students
in Malawi

Financial Highlights from 2021/22

Donations & Grant Income £667,428

(2020/21: £2,456,949)

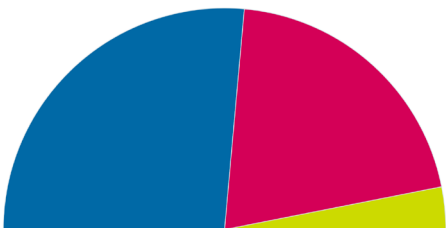


Income By Category

Individual Giving	£243,146
Trusts & Foundations	£275,258
Community & Events	£ 24,812
Institutional	£ 85,973
Legacies	£ 38,239

Charitable Expenditure £871,315

(2019/20: £1,208,472)



Expenditure By Country

Malawi	£ 460,507
India	£ 356,848
Nepal	£ 53,959

**87p in every £1
spent went towards
life-transforming
healthcare projects**

2020/21 was a record year thanks to the generous response to the Every Girl Matters appeal when donations were doubled by the UK government. However, the UK government decision to delay the start of Sunita means the institutional income and Nepal project expenditure did not begin this year as planned. We have also seen the impact of the wider financial climate and are incredibly grateful for the support rendered in 2021/22.



Join us on 8th December at St Andrew's and St George's West Church and then the nearby prestigious Royal College of Physicians of Edinburgh, where we are proud to present a range of inspirational guest readers alongside joyous carols performed by accomplished musicians from the UK, India, and Malawi.

Special guest readers will be joined by singers from the acclaimed **National Youth Choir of Scotland** Edinburgh Choir, with special performances by:

Rachael Brimley, a regular performer with Scottish Opera, whom the Herald describes as 'lyrical and precise'.

Ankna Arockiam, a classically trained Indian musician who believes that Indian classical music is an incredible way to

understand the spiritual aspect of India.

Classical singer **Suzie Murphy**, the founder of the Runway music school.

And the outstanding **Mulanje Women's Choir**, performing courtesy of a video link from Malawi.

Join us afterwards, in the company of the Lord Provost and Lord Lieutenant of Edinburgh, for a drinks and canapes reception, sponsored by Thomas Bradley Legal Services and Sterling Scotia Wealth Management. Within the Great Hall and Library, you will be entertained by highly accomplished Scottish traditional fiddle player, **Isla Ratcliff**, a semi-finalist in BBC's Young Traditional Musician of the Year 2022, and music from the **Jazz Quartet of the City of Edinburgh Music School**.

Book now for £35 www.emms.org/carols or call 0131 313 3828



Duncan Hospital Centenary Vision

Help raise the final
£500,000 of this
£4.5 million vision to
improve healthcare
in rural north India.

Duncan Hospital sits on the India-Nepal border and has served vulnerable communities in the region since 1930. We're proud to have Duncan Hospital as a long-standing partner and to support them in their centenary vision.

To mark 100 years of this faithful, caring institution we have committed to improving the healthcare services and infrastructure so that they can continue to serve their community.

The vision involves the hospital modelling healthcare access for all, especially the most vulnerable; training and employing more vulnerable women and girls as healthcare professionals;

becoming a national training Centre of Excellence by building a new College of Nursing and Accommodation block; and becoming environmentally and financially sustainable in the long term.

Designed in 2018 and started in 2019, elements of this vision were delayed by COVID-19. The hospital was hit hard by the pandemic and your support helped provide oxygen supplies when patients were struggling to breathe.

The region has a critical shortage of health workers, fragile health systems, poor health infrastructure, and a heavy burden of sickness and disease. This puts immense pressure

on The Duncan Hospital, which struggles to find enough trained, skilled healthcare personnel. The devastating impact of COVID-19 in Bihar has come on top of many other health challenges in the region, including malaria, tuberculosis, leprosy, and HIV/AIDS.

With your support, by 2030, we can see Duncan Hospital mark its 100th year as a stronger, more resilient healthcare institution. To make this ambitious vision a reality we have to raise £4,509,926. Thanks to the generosity of many we have less than £500,000 still to raise. Please support us in our centenary vision for Duncan Hospital.

Help us make this vision a reality

**Palliative
Care**



100% Funded

**College of
Nursing
Academic
Block**

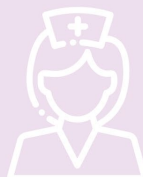


100% Funded

**Accommodation
Block**



**Healthcare
Career
Pathway**

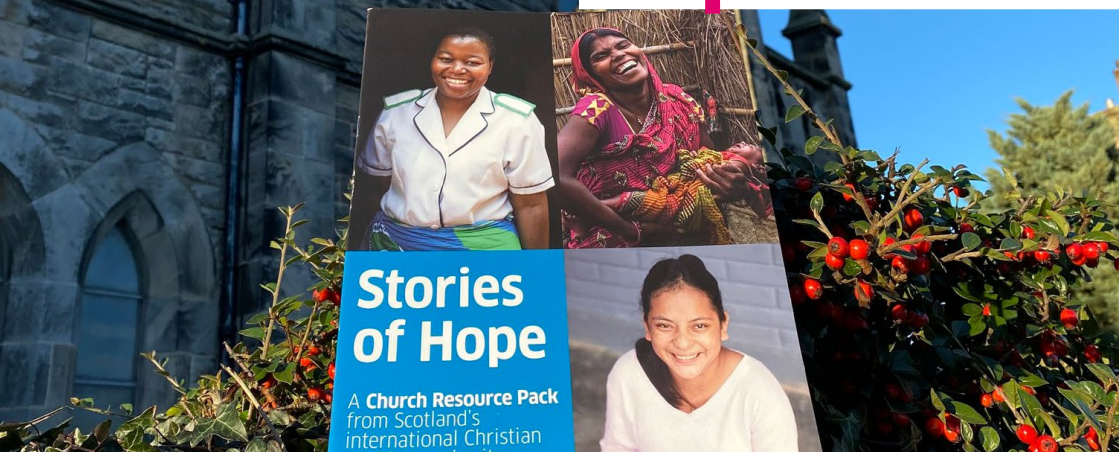


£498,173 still to raise

**Solar
Installation**



Stories of Hope



EMMS International traces its roots to a group of committed Christian doctors, lawyers and their supporters who had a vision to transform healthcare around the world.

That vision persists and we're delighted to present Stories of Hope, our new church resource pack to inspire the latest generation of supporters. It shares examples of the work of EMMS International, inspired by our Christian values and mission. It can be used as a full order of service or by taking elements to integrate within your own regular worship.

Our aim is to equip and encourage you to reflect on

God's work through EMMS International. Our hope is that you will be inspired to partner with us to continue to bring health and hope.

Rev John Cowie, EMMS Board Chair, explains: "As a minister, I want to help congregations draw near to God and His work in the world. Stories of Hope helps me to do just that. It is a practical and accessible resource that I know will be of inspiration to many."

Get your church involved and access Stories of Hope at www.emms.org/church. We're here to support you as needed. You can also book a speaker to join you in person. For all enquiries, please contact Euan on 0131 313 3828 or euane.mcintyre@emms.org.



Greener, Stronger Healthcare

Mulanje Mission Hospital (MMH) in southern Malawi is a step closer to energy security thanks to EMMS International's Mokwanira project to improve healthcare infrastructure within hard-to-reach communities.

Energy supplies in Malawi are erratic and vulnerable to disruption. After Cyclone Ana, the country's electricity supply has been severely compromised.

When electricity isn't available, hospitals rely on generators to maintain essential services. However, fuel is expensive and Malawi has been experiencing extreme fuel shortages for more than two months, with no end in sight.

Thanks to donor support, EMMS International has completed a major upgrade of the solar power system at MMH.

The hospital can produce more of its power and reduce costs of buying electricity and generator fuel. At times it even produces more than is needed, so there is room for possible expansion of services in the future.

The system is also fine-tuned to their needs. As a result, Mulanje Mission Hospital is able to provide greener, stronger healthcare to its local community.

With your support, EMMS International can also help MMH to install clean, reliable water supplies in rural health centres where there is none.

Free Will-Writing Service



EMMS International has partnered with Thomas Bradley and Co. to offer EMMS supporters over the age of fifty a free will-writing and updating service.

EMMS International has also launched a Gift in Wills information guide to help supporters who want to make a lasting difference. Our new brochure explains how and where funds from wills are used. It helps inform people about how to leave a gift in their will. We'd be delighted to speak to anyone who would like to know more about our future plans and how we could be trusted guardians of their gift.

To take advantage of this offer, and to consider leaving a gift in your will, contact EMMS on 0131 313 3828 or email Laura, our Director of Fundraising, on laura.brown@emms.org

Diary Dates

EMMS International needs your help to raise funds. Why not take part in one of our events below, or organise a fundraiser in aid of our urgently needed programmes?

International Festival of Nine Lessons and Carols

Edinburgh, 8th December 2022, www.emms.org/carols

Santa Dash Edinburgh, 18th December 2022

Nepalese Tea Gathering February 2023

Malawi Tea Party March 2023

Indian Chai & Chat April 2023

Details on these and all future events are listed at www.emms.org

My life-changing gift

Name

Address

Postcode

Email

☐ I wish to make a **Regular Gift** of £_____ monthly/quarterly/annually (please select) to the work of EMMS International

Name of Account Holder:

Account Number: Sort Code:

Bank Name:

Date within month 1st 15th

Month to start

There are optional benefits in recognition of your commitment as a **Champion of Change**. Please select any that you would like to receive.

- ☐ An exclusive enamel pin badge
- ☐ A quarterly email update on the impact of my gift
- ☐ Invitations to exclusive online 'Champion Thank You' events

☐ I wish to make a **Single Gift** for the sum of £_____

I enclose a cheque/postal order/charity voucher (payable to EMMS International) or use the card details provided for my one-off gift

- ☐ VISA ☐ Mastercard ☐ CAF Card
- ☐ Maestro ☐ Delta ☐ Amex

Name of card holder

Card number

last three digits of security number (on reverse of card)

Expiry Date / Start Date / (Issue No)

giftaid it

Increase your gift by 25p of Gift Aid for every £1 you donate. Gift Aid is reclaimed by the charity from the tax you pay for the current tax year. Your address is needed to identify you as a current UK tax payer.

☐ Yes, I want to Gift Aid my donation and any donations I make in the future or have made in the past 4 years to EMMS International. I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax in the current tax year than the amount of Gift Aid claimed on all my donations it is my responsibility to pay any difference.

Date: / /

Signed

EMMSInternational

Health for Today, Hope for Tomorrow

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TO GOOD FUNDRAISING
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